





Letters

REVAMP THE STATE SALES TAX

To the Editor:

I, for one, am anxious to see what Governor King is going to do to make Maine a better place to live. I think it is disgusting to think that the State of Maine ranks fourth in taxation of its residents (according to a government study) and we all know we are way down on the list for per capita income in the state.

One area that I feel needs revamping is the state sales tax. What started out years ago as a three-percent "nuisance tax" on manufactured or tangible goods has spread like cancer into other areas of our lives. One reason for the spread is the fact that approximately 77 exemptions have been implemented into the system, resulting in a great burden for those paying the tax. Granted there will always be exemptions in any tax plan and there should be, but let's be fair about it. Why not stay away from the basic necessities of life such as food, shelter, utilities and clothing. The federal income tax is a graduated tax based on earned income with a cut-off point. Originally the sales tax did not apply to food items, but the snack tax got its foot in the door and we now have a tax on several items on the grocery list.

The sales tax fiasco involving nursing homes and hospitals is a disgrace to the state. Who would think of adding a 6 percent sales tax on a helpless individual in a nursing home and whose bill is well over \$3,000 a month? The underlying intent of the bill was to generate a windfall in revenue from the federal government for the Medicare patients. However, the patients who were paying their own way could get their tax money back when they filed their income tax returns. The federal government felt this was a discrimination and didn't buy it. A similar plan to tax hospital bills didn't work either.

The need for more revenue coupled with more exemptions pushed the sales tax into more areas other than manufactured goods. The meals tax, lodging (hotels and motels, etc.), and even camping areas entailed a seven percent tax. Now that the tax has spread to recreation and with a philosophy of "if you can afford it, then you can afford to pay the tax." The tax base could be expanded. Why not a tax on bowling, movies, professional sports, lift tickets in ski areas, and so on -- schools and churches exempt.

It doesn't take a rocket scientist to see the inequities in our sales tax laws, but the fact that we have campaign funding in the political system leads me to believe that the representatives in Augusta are intimidated by power and money and don't have the guts to represent all the people. It's easier for them to tax the weak and the poor.

Francis H. Berry  
Newry

G'WOOD DOESN'T NEED FIXING

To the Editor:

Providing our elected officials in Greenwood perform as we directed them to, we can expect less manure, less taxes, and less freeways called potholes. Now it's up to us to show the same philosophy both in state and local policy making.

The taxpayers of Greenwood missed an important meeting Wednesday, the 8th, when the state committee reported their findings on town manager form of government for our town. They deserve our thanks for being there with a good follow-up meeting.

However, based on the report, it seemed flawed when it comes to fiscal understanding. When asked to defend their recommendations to spend well over the \$27,000 with not more than 10 ideas, the committee began to stall. Nearly everyone agreed that we can always use a budget, but how could I think our selection do a real time job.

Based on the report, I believe we have a very conservative with both time and money, as most of our citizens have been in Greenwood. Speaking with Mrs. Coolidge, who wears many hats in addition to being town clerk for 25 years, she stated that she does not see any problems with the way our town is governed. Our selection, who meet every week for our budget, don't have many people coming to the meetings.

It is obvious that it works. But the report should be applied to our town. We have a good town manager and a clerk in town. It should be the same for our management.

Our town manager, or program, started in Washington over the past 10 years and did a good job at the time. But the problem of trying to change it now is a bit difficult. I don't think any new program for our town is needed. The current program of our town is doing well. We have a good town manager, a clerk, and a good budget. We don't need to change anything. We have a good town manager, a clerk, and a good budget. We don't need to change anything.

You don't have to date 200 years of history, contract to spend increasing amount of your tax dollars year after year, and increase complications of a system that works real fine, if you simply make a determined effort to vote in the upcoming election. Thank you.

Sam Chittick  
Greenwood

Bank branches may still be coming

The Norway Savings Bank will apparently not be moving to the lower Main Street property currently occupied by the Bethel Area Chamber of Commerce.

The bank had expressed interest in constructing a new building on the site, to house a Bethel branch.

But that interest has apparently cooled, according to Frank Whittier, president of Land Sale, which has owned the property for the past year.

Whittier said he is not actively marketing the property, but a number of potential tenants or buyers have expressed interest in the site.

Whittier declined to identify them but said: "I wouldn't be surprised if Bethel ends up soon with three or four banks."

The Bethel Citizen

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AIDS EDUCATION--Sexuality Educator Marja Brandon Drevitch, standing, talked with Telstar High and Middle School students about AIDS in a three-day workshop last week. Large and small group discussions focused on AIDS facts, prevention, and treatment, as well as social issues surrounding the disease, such as homophobia and living with AIDS. Telstar guidance counselor Beth LaVallee said the workshop was requested by F.A.C.T. (Freshman Awareness Committee at Telstar) students earlier this year. "They wanted to expand on a shorter workshop which we had last fall. The whole thing came from the kids," she said. Gould Academy and the AIDS Coalition also cooperated in setting up the workshop. Here, left to right, Michelle McInnis, Wes Phelps, Drevitch, and Jason Billings take part in a small group question and answer session.

(Photo by Alison Aloisio)

IT'S KIDS FOR TREES TIME AGAIN

To the Editor:

Kids for Trees is a program we are doing this spring. Kids for Trees starts in third grade and goes until 12th grade.

We are planting evergreen trees in grade three. In grades four to 11 we will be taking care of them in our science classes. In 12th grade we will cut and sell them for Christmas trees. The money we make goes for our graduation activities in June of 2004. We need money to buy seedlings for spring planting. If you would like to donate some money to help us, make your check payable to SAD44 Kids for Trees. Bring your donation to any SAD44 elementary school or send it in the mail to: SAD44 Kids for Trees at the following addresses: c/o S. Merrill, Crescent Park School, 19 Crescent Lane, Bethel, ME 04217; Andover Elementary School, c/o Carol Stuart, P.O. Box 70, Andover, ME 04216; Woodstock Elementary School, c/o K. Szente, 224 Rumford Avenue, Bryant Pond, ME 04219.

Previous Gaudreau  
Class of 2004

Budgets

Continued from page 1

Woodstock will consider the budget proposal at the March 25 town meeting.

In Woodstock, selectmen are trying to keep the 1995 total budget close to last year's \$1,142,713.46, of which \$725,581 was raised

from taxes. On Feb. 6, selectmen approved three proposals from town manager, Vern Marshall, with totals from taxes exceeding \$800,000. They came up with tentative cuts to hold the budget at \$18,000, but will

look for further cuts as well.

Selectmen are using estimates of \$515,000 for SAD44 and \$35,611 (no change from last year) for Oxford County.

Woodstock's Town Meeting is March 27.

Signs

Continued from page 1

Schlegel said she had spoken with the town attorney who said a five-year manufacturing period is considered reasonable.

The committee was scheduled to meet again last evening (Thursday) and to continue meeting on Tuesday

evenings (Feb. 28, and March 7) in the office of Town Manager Madeleine Henley.

The meeting begins at 7 p.m., and town residents are invited to attend and make their feelings known.

The group is also expected to discuss a number of other signage-related matters, including the height of signs overhanging a public way, MDOF business signs and enforcement.

Parcel

Continued from page 1

a route for the access road it will eventually need into Jordan Bowl.

Two possible routes have been laid out and approved by the town Planning Board, but neither is ideal.

The first would necessitate severe road cuts, and the second involves a

right-of-way that is still under dispute.

But the newly purchased parcel is also an unlikely candidate for a roadways, since much of it is in wetlands.

Often declined to rule out some form of future development for the

parcel, but he said the skiway had no current plans for it.

"We have no plans, no drawings, no map, nothing," he said.

The parcel had been under option for two years, he said, and at less than \$1,000 per acre, "it was just too good a deal to pass up."

Chamber

Continued from page 1

to pay \$350 per month for its new space, considerably less than the estimated \$12-per-square foot rent the developers are expected to charge for commercial space elsewhere in Bethel Station. (Note: It is common for chambers of commerce to be offered office space for a token fee or substantially less than the going market rate.)

The chamber has been located at the intersection of Main and Railroad streets since November 1993. That lease recently expired (see sidebar, left) and that fact along with the uncertainty of the future of the site caused the chamber to look for an alternative location, Varrell said.

Other locations were considered, she said, but "the train station building has been designed and positioned to be an international resource center, and since the major function of the chamber is to distribute its members' information to either encourage business or to educate the role our natural resources play in our

local economy, the board felt that this site would best suit our mission."

Varrell acknowledged that the new location will not be as well positioned as the current site in terms of traffic flow, but, she noted, once the Bethel Station parkway is complete, much of that traffic flow will be shunted off before it reaches lower Main Street.

Chamber executive director Robin Zinchuk was enthusiastic about the upcoming move. "We are going to be the envy of chambers around the state," Zinchuk said. "The building is beautiful and is designed to accommodate our visitors quite comfortably. This, in turn, will make it easier to distribute our members' information which will result in more activity for all our members."

The site will have adequate signage directing visitors to the chamber and will have a gravel road leading to the building until it can be paved later this spring. Landscaping of the site will also be done in the spring, Varrell said.



IT'S A GOOD THING THESE BEASTS ARE COLD BLOODED--This lethargic great white shark posed little threat to Gould's Winter Carnival.

(Photo by Scott Jerome)

THIS WEEK AT THE  
Moses Mason  
House

The Bethel Historical Society's 21st Annual Heritage Celebration will be held on Wednesday, Feb. 22, at the Dr. Moses Mason House, 14 Broad St., between 6-9 p.m.

Featured during the evening are candlelight tours of the museum with Indian pudding served from the hearth of the winter kitchen, old-time craft demonstrations and exhibits, and traditional music with flutist Gretchen Ewatt. In the meeting room there will be exhibits, historical videos, and a local history book fair. Anyone interested in attending is cordially invited to attend.

All members and friends of the Society are reminded that the next monthly meeting will be held on Thursday, March 2, in the meeting room of the Dr. Moses Mason House and feature an oral history night.

This year's topic is logging and lumbering in a bygone era. Panelists expected to attend are Avery Angevine, Ernest Angevine, Richard Carter, Allan Fraser, Rodney Howe, Thomas Wheeler, and Willard Wright.

Twelve questions about the topic have been submitted in advance as a possible start for the session but each panelist is urged to provide other information as well. Questions and information will also be welcomed from anyone attending the session. Anyone interested in this topic is cordially invited to come and be part of what promises to be a lively and informational session.

LOOKING BACK

10 years ago: Leslie B. Otten, president of Sunday River Ski Resort, announced a second major expansion: \$4.1 million for more condos, chalets, new trails, and snowmaking capacity. Heidi Belamer and Mike Kelly were the overall winners in the Stan Fox Cup citizens' cross-country race held at Sunday River Ski Touring Center. Bruce Cox and Tricia Mills were crowned king and queen of the Telstar Regional High School Winter Carnival. Jason Miseroch and Alison Chapman were selected king and queen of the Telstar Middle School. Birth: Emily Gaudreau. Marriage: Lann Charlotte and Darren Tripp. Deaths: Ruth Carver Ames, 1. Fulton White, John S. Hicks, Hazel Maxson, Leona Curtis.

20 years ago: Early Real Estate held its grand opening in the newly redecorated offices in the former Cole Block headquarters of the Bethel Savings Bank (now the office of W.J. Wheeler Insurance). Patricia and Robert Early were the owners. Mandy Emms and Jeff Priest hosted the event. Michael and Linda Gilbert were tendered a homecoming by friends and neighbors at their home on Bridge Street. Mike and Doug Brooks were the winners in the two-age division special ski jumping events held at Swan's Corner in conjunction with the Greater Bethel Chamber of Commerce Winter Carnival. Birth: Erika Lamarre. Marriages: Tyrene Sweetser and Alanson Lovejoy; Teresa Inman and Franklin Howard; Lenora Westleigh and Kevin Conger. Deaths: Berta Burris.

30 years ago: Norman Greig, chairman of the Bethel Board of Selectmen, received a letter from Sidney W. Davidson, president of the Gould Academy Board of Trustees, which discussed the possibility that Gould would become a branch of the University of Maine and suggested the formation of a School Administrative District in Bethel might better serve the needs of the area. The Shoe Rack, owned by Ruby Rolfe, moved to the American Legion Building (this stood on the site of the parking lot for Keenan's at the corner of Church and Main Streets, demolished in the early 1970s) from the building attached to Bosserman's Pharmacy (now the liquor store part of Preb's). Deaths: Merle Hinkley, Fannie Bartlett, Horace Mitchell.

40 years ago: The following "Bethelites" held a picnic and get-together on the Courtney Campbell Causeway in Tampa, Fla.: Bob and Sarah Kirk, Bert and Mary Brown, Martha and Bill Von Zind, Dick and Rita Davis with twins Danny and Jimmy, Arnie and Alice Brown, Tom and Edith Brown, Arthur and Eva Herrick, Leslie and Marie Davis, Chet and Ruby Briggs. Also attending were Arthur and Lillian Kimball of Bryant Pond, William Bingham II, Gould Academy and worldwide benefactor, died in Miami, Fla. Other deaths: John Watt, Charles Martin.

50 years ago: Capt. Lorrimer Schmidt, husband of Dorothy Grover Schmidt, was seriously wounded in action in Luxembourg. Roy Packard, Emil (Jay) Winter and Ed Dorion were cited as the "backbone" of Gould Academy's winning ski team with Gil Le Clair, Ruel Swain, and Dick Ireland serving as forerunners. Death: Jean Francois Richard.

Items in Looking Back are compiled by the Bethel Historical Society from back issues of The Bethel Citizen.

Driver's

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Sunday Ri Feb. 26, Th whether or i Sunday Ri Learn to Ski parent or gu program is a Proof of a transferable The remain for Sunday,



# Briefly

**Driver's ed for deputy sheriffs**  
**OXFORD COUNTY**--Insurance costs for the county rose by 26 percent for 1995, after three sheriff's deputies' car accidents in the past year resulted in \$97,368 in damages. To reduce claims, insurance administrators will offer a driving course to deputies in the spring. The driving will be taught along with other liability issues, including the use of force and civil rights. County commissioners switched policies in October 1993 to the Maine County Commissioners' Association Self-Funded Risk Management Pool. Chief Deputy Sheriff James Davis said the increased insurance costs for 1995 are partly due to the county's short time in the pool. "We don't have the time or money in the pool to draw on yet," he said. Davis also said he hopes driver training for new part-time deputies can be implemented. Currently only full-time deputy candidates receive the training.

**Mutual aid comes to kitty's rescue**  
**BETHEL**--The Newry Fire Department's ladder truck came to the rescue of Ernest Perkins' treed cat on Saturday. The cat refused to come down from a tree at Perkins' Mason St. home Friday. Perkins' attempts to retrieve it with his own ladder failed, and the cat spent the night in the tree. Saturday morning fire chief Jim Young, drawing on Bethel's mutual aid agreement with Newry, requested help from the Newry ladder truck. Fireman Brad Wight braved tooth and claw to bring the feline to safety.

**Tired truckers burden to courts**  
**WATERVILLE**--The state's crackdown on tired truckers has put a heavy burden on the court system, according to Chief Justice Daniel Wathen of the Maine Supreme Judicial Court. The new focus on enforcement, since four teens were killed in 1993 when their car was run over by a truck, resulted in the issuance of 3,200 tickets in three months last fall, compared to past summonses of a few thousand a year. From last August to the end of the year over 4,000 tickets were given by officers on overtime alone. The overtime cost the state \$350,000. Wathen said he will ask the legislature for more automation in the court clerical system to help handle the extra workload.

**Maine tourism on Internet**  
**AUGUSTA**--Maine tourism is being marketed on the Internet computer system. Inspired by the success of Sugarloaf/USA, the Office of Tourism put the state on line last week to market the \$2.75 billion business. Sugarloaf received 52,000 requests for information this winter after joining the system. A state tourism official said the tourism office will serve as an "anchor" so that Maine businesses are packaged together on the Internet, rather than "floating around" on their own. An estimated 3.2 million computers with between 20 and 30 million users in 152 countries are connected to the Internet. The number of computers linked up is expected to increase to 100 million worldwide by 2000.

**School funding changes?**  
**FARMINGTON**--A bill to include a regional cost-of-living adjustment in the school funding formula is being prepared for the Maine Legislature as a result of recommendations by a study committee. Another bill would base the funding formula on equal portions of property valuation and personal income after five years. Under the latter plan next year's local share would be based 90 percent on property valuation and 10 percent on personal income. An additional 10 percent of the valuation dependence would shift to income dependence each year thereafter until the factors are equal. Other recommendations include: increasing state aid by 5 percent each year to promote equal educational opportunity and property tax relief; creating a circuit breaker for relief to homeowners whose property tax exceeds 4.5 percent of personal income and whose income is less than \$50,000; adding incentives for school consolidation to the school construction rating process.

**Have gun, lose license**  
**LEWISTON**--A bill that would authorize judges to revoke the driver's license of anyone caught with a firearm on school property is being proposed by Lewiston State Rep. Patricia Lemaire. A similar bill that would have mandated license revocation was narrowly defeated in the last session of the legislature. Lemaire's bill would authorize but not obligate judges to suspend the licenses of juveniles caught carrying guns on school property. Lemaire is worried about the increase of guns in schools in the past five years. "I don't want Maine to have school systems with metal detectors, with lockers being searched. We need to punish kids where it hurts, and taking a driver's license from a teen-ager definitely hurts." The bill will probably meet resistance from the Bureau of Motor Vehicles, which has historically lobbied against license revocations not connected to driving behavior.

**PUC wants comment on dialing 207**  
**AUGUSTA**--Mainers frustrated with dialing 207 for toll calls in Maine will be able to choose another option within a few months. The Maine Public Utilities Commission will offer the choice of the present method or a new option of dialing only the basic seven digits. Dialers going the latter route will have to remember, however, which seven digit calls are long-distance versus local. The PUC wants to know what method the public wants as the "standard." Chairman Tom Welch emphasizes whichever is selected as the standard, customers will still be able to order the other option for their own phone. Customers wanting to comment may write Charles Jacobs, Administrative Director, Maine PUC, 242 State St., State House Station 18, Augusta, 04333, prior to Feb. 28. Correspondence should be labeled, "Dialing Plan Comments."

**Canadian business down**  
**BURLINGTON, VT**--The Canadian dollar is now worth only 70 cents of a U.S. greenback, and it's expected to affect business and state revenues in northern New England through the summer. Store manager Verna Friedman of Burlington said that in 1993 eight out of every ten customers were Canadian, but last summer the ratio was reversed. With the Canadian federal and provincial deficit totaling \$700 billion, the situation isn't expected to improve over the next few months. President Clinton's proposal to charge \$3 a car and \$1.50 per pedestrian for Canadians crossing the border won't help matters, either. Americans shopping in Canada seem to be the only ones benefiting from the lopsided exchange rate.

**Worldwide weirdness on wane**  
**LONDON**--Worldwide weirdness declined 2 percent in 1994 compared to a year earlier, according to the Fortean Times. The bi-monthly magazine, which calls itself "the journal of strange phenomena," said reports of mass death, water monsters, genius, and stupidity all declined. Crop circles, once a great media phenomenon, have also fallen out of fashion. However, reports of alien big cat sightings, miracles, new animal species, and cults were all higher. Reports of hoaxes and panics, close encounters and alien abductions, and UFOs held steady. Even more weird is the way The Fortean Times measures weirdness, by counting the number of news clippings and articles submitted to its office in London. "This index is necessarily an indication of world media coverage of weirdness rather than of weirdness itself," the magazine said. "Chances are, the 'real' universe is much queerer than we could ever hope to quantify."

**Free ski day Sunday**  
 Sunday River Ski Resort will hold a \$AD44 Free Ski Day Sunday, Feb. 26. The offer is extended to all the residents of any \$AD44 town, whether or not they have any association with the school district. Sunday River will also offer free ski rentals and its Guaranteed Learn to Ski program. Youngsters under 18-years-old must have a parent or guardian sign for ski rentals. The Guaranteed Learn to Ski program is available to anyone 13-years-old or older. Proof of area residency is required, and ticket vouchers are not transferable. The remaining \$AD44 Free Ski Days for this season are scheduled for Sunday, April 9, and Monday, April 17.



Toby Buckingham and Tamara Bucknell-Pogue

## Gould ski patrollers earn their jackets while in school

Gould Academy seniors Toby Buckingham and Tamara Bucknell-Pogue patrol with the pros at Sunday River Ski Resort. Members of Gould's student ski patrol program, Buckingham and Bucknell-Pogue passed their final accident simulations and became certified volunteer ski patrollers at Sunday River this week. Supervised by Gould's Associate Headmaster and ski patrol program director Dr. Harry "Dutch" Dresser, Buckingham and Bucknell-Pogue completed a Wilderness Emergency Care course and assisted Sunday River's professional ski patrollers after school each day this winter in lieu of a winter sport. "I am very pleased with Toby's and Tamara's achievements," Dresser said. "Their hard work and the patient help of several professional and volunteer Sunday River ski patrollers have resulted in an opportunity for them to continue learning about the business of ski patrolling as they serve the skiing public." According to Sunday River professional patroller Dan Elliott, simulated rescue exercises test candidates' skills and confidence under realistic mountain conditions. In simulations, student patrollers have "to deal with everything from twisted knees to unconscious patients to administering oxygen," Elliott said. Buckingham, who has participated in Gould's ski patrol program for the last four seasons, was very happy to pass his final simulation. "It feels good to accomplish my goal," he said. Though he will be attending New England College in Henniker, N.H., in the fall, Buckingham plans to patrol the slopes at Sunday River during his vacations. Bucknell-Pogue has yet to decide where she will attend college next year, but her recent achievement may play a role in her decision. "I want to be able to patrol while going to college," she said. Bucknell-Pogue is the first female student to become a certified ski patroller through Gould's program, Dresser said.

The Bethel Citizen  
 For complete  
 local news coverage

### From the Bethel Police log:

*Bethel police want their sign back -- no questions asked*

On Feb. 16 at noon, a Bethel town employee notified police that the sign outside the Police Department was gone. Police said if anyone knew of its whereabouts, they would like to see it returned, no questions asked. They also said it would be in the best interest of the person who took it to return it before the department locates it. Anyone with information is asked to call the Oxford County Sheriff's Department.

Monday, Feb. 20

At 9:35 a.m., a Mayville resident reported her mailbox and post had been hit during the night by a vehicle headed into town. The mailbox showed red paint, and parts of the vehicle were found. The resident saw the vehicle but couldn't get a plate number or color. Police found it had also hit the airport sign.

Sunday, Feb. 19

At 5:48 p.m., an Eden Ridge Condominium tenant reported his wallet had been taken from the condo sometime during the night. Police arrived and learned a \$250 VCR had also been taken. The credit cards from the wallet had been used as much as four times. Police spoke with residents but no one had seen anything. The subject may have entered through the front door, as there was no sign of forced entry. The tenant said the door had been locked Friday night and unlocked Saturday morning. Police notified the condo owner of the theft of the VCR.

At 12:10 a.m., a caller reported a large party at a residence on old Rt.2 (Barker Rd.). He said there were juveniles consuming alcohol. Police found alcohol at the residence, but not in the direct possession of juveniles. The alcohol was confiscated and a strong warning issued to the person responsible for the party. She assured police that everyone that "may have been drinking" was staying and she had the car keys. She was advised that a second complaint would result in court action and the notification of parents. Twenty-two juveniles were involved.

Saturday, Feb. 18

At 7:16 p.m., an employee at the Backstage Restaurant requested assistance in getting a group of seven people to leave, as they were being loud and boisterous. Police spoke with them, and they left without incident.

Friday, Feb. 17

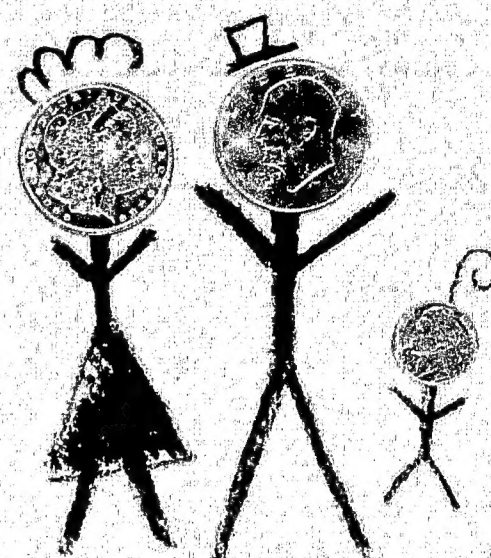
At 12:25 a.m., a West Paris resident reported his 1980 Ford pickup truck was missing from the Sudbury Inn parking lot. He said it was unlocked, the keys were not in it.

At 12:56 a.m., a Salem, N.H., resident reported he had found the missing vehicle from the Sudbury in a snowbank on the Sunday River Rd. near the Sunday River Brewing Co. Police went to the scene and found the truck abandoned and running with its lights on. The vehicle was pulled out. There was \$1,000 damage to the 4x4 transmission case. The vehicle was released to the owner.

At 1:40 a.m., Sunday River Skiway security reported having a group of four male subjects who were possibly involved in the stolen vehicle incident. Their vehicle had apparently been seen at the spot where the stolen vehicle was off the road. The subjects said they had stopped to see if anyone was hurt. Seeing no one, they departed. Having no further information, the police took no action.

*This report highlights points of interest from the Bethel Police Department log, but does not include all reports of police activity.*

## Don't Get Shortchanged



The Earned Income Tax Credit may mean up to \$2,528 for you!

- You may qualify for the EITC if, in 1994--
- ✓ You earned less than \$25,296 from a job, and had children living with you, OR
  - ✓ You didn't have a qualifying child and you earned less than \$9,000, were age 25-64, and were not a dependent.

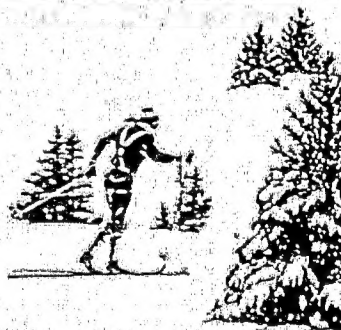
Don't wait until next year to get money!! In 1995--If you make under \$24,396, and have at least one child, you may be able to get extra money in each paycheck. Ask your employer about getting the Advance EITC payment.

For more information call the Internal Revenue Service at

1-800-829-1040.

## Maine's Most Unique Cross-Country Ski Package! SKI, SWIM & SAUNA

With the purchase of an all day pass, skiers will enjoy 40km of the most picturesque terrain, complete use of Health Club, with outdoor heated pool, saunas, and fitness room. All this for only \$11 per person available everyday

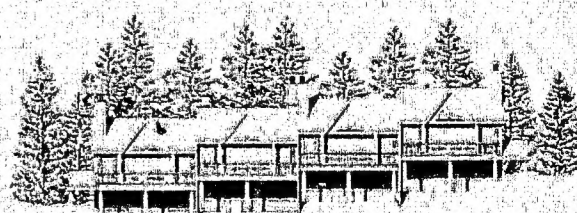


### Other Daily Activities

include horse drawn sleigh rides, ice skating on the common & more!

### Finally... A Luxury Vacation Home You Can Afford

Imagine owning a two-bedroom luxury Townhouse for five weeks a year, forever. And The Bethel Inn & Country Club is the perfect setting, with an 18-hole championship golf course, health club, lake house, tennis, cross-country skiing and Sunday River and Mt. Abram just 10 minutes away.



Our Country Club Townhouses offer 1600 square feet of completely furnished and equipped luxury with a full kitchen, large living area, fireplace, deck, two bedrooms and two full baths. They have all the conveniences, amenities and privacy of your own home, surrounded by 200 acres of resort activities.

Best of all, pre-construction prices are \$25,000 for your five weeks, every year, forever!

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**NEW GALLERY OPENS**—Gail Giarrusso has opened a photography gallery in her home, across from the Sunday River Inn in Newry. The gallery currently features her own handcolored black and white photographs, but she hopes soon to display the work of other local photographers. She encourages anyone interested in having such a show to contact her at 824-4929. The gallery is open weekends and most weekdays. Call ahead or check for the "open" sign.

(Photo by Michael Daniels)

## College briefs

At Plymouth State College: Amy C. Laban of Bethel was named to the President's List for the fall 1994 semester.

At the University of Maine at Farmington: Heidi M. Moore of Newry was named to academic achievement list for the fall semester. She is the daughter of Susan Brown and the late Stanley C. Moore Sr.

At Clark University: MacLynn Patten, with a 3.8 grade point average, was named to the dean's list. She is a double major in biology and environment technology. She is the daughter of Leroy and Ann Patten of Bethel.

At the University of Southern Maine: Terri Brady, Tracey Brady, Sarah Coolidge, of Bethel, Kristin Cushman of Bryant Pond, David Hanscom of West Bethel, and Rebecca Abbott and Laura McCann of West Paris were named to the Dean's List for the fall semester.

## SCHOLARSHIPS FOR ADULTS

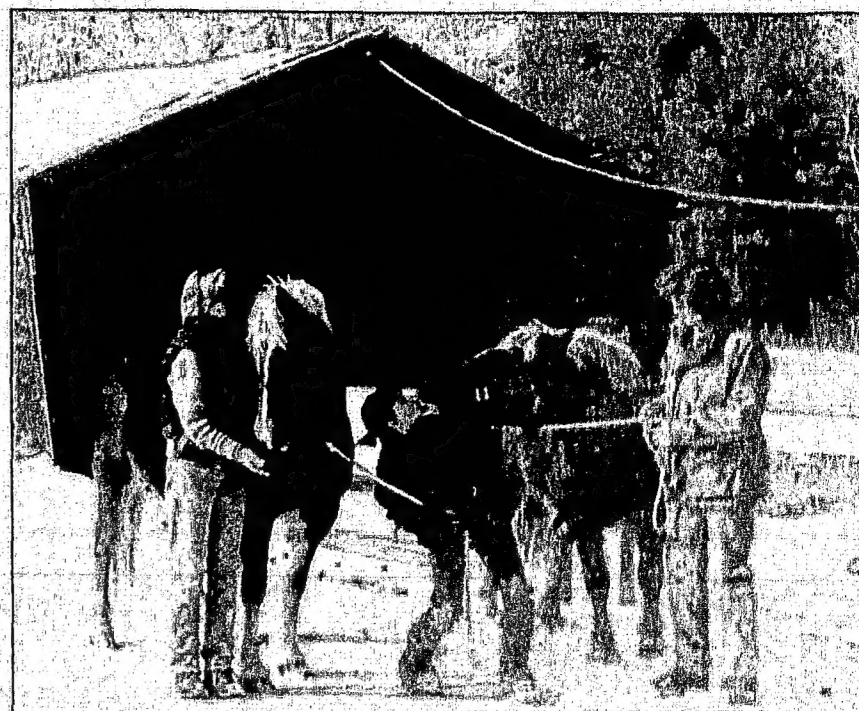
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There is no application form. A letter of application should include relevant biographical and personal information, previous educational experience (including a transcript from the last school attended), the institution where study is being undertaken, and names and addresses of three people who might furnish references.

The required information should be sent in one envelope to Toni Curran, 8 Sandhill Road, South Portland, ME 04106. It must be received no later than April 15.

MTA will also award scholarships to high school seniors who plan to teach in Maine. Letters of intent must be submitted from a high school teacher in the applicant's area of study. The application should be sent to the same address as above.

For more information, contact the association at 824-4929.



**HORSING AROUND**—Emily McKee, Leo Jooat, and Susie Dixon, left to right, recently opened a bed & breakfast at the former Korhonen Farm in West Bethel. They plan to also offer recreational activities, including horseback riding. Here, they stand with draft horses Miko and Pat, who they will use in working the farm. (Photo by Alison Aloisio)

## New B&B will offer more

By ALISON ALOISIO

Three Philadelphia women came to Maine last August looking for a spot to open a bed & breakfast where their guests could walk out the door into the mountains. They found it on the former Korhonen Farm in West Bethel.

Two weeks ago Emily McKee, Leo Jooat, and Susie Dixon opened for business, but they're keeping their guests more than a place to sleep and a hot meal. The farm will offer recreational activities as well.

"We plan to do a variety of things, hiking and canoeing. You can walk right into the White Mountain National Forest, and we have a lot of trails, trails and trails on the farm," Dixon said. The farm will also have a horseback riding area.

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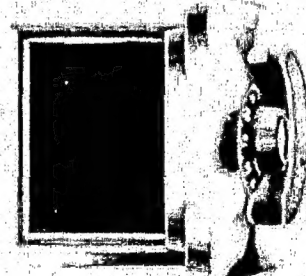
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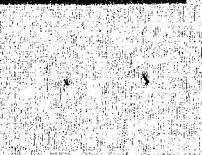
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## College briefs

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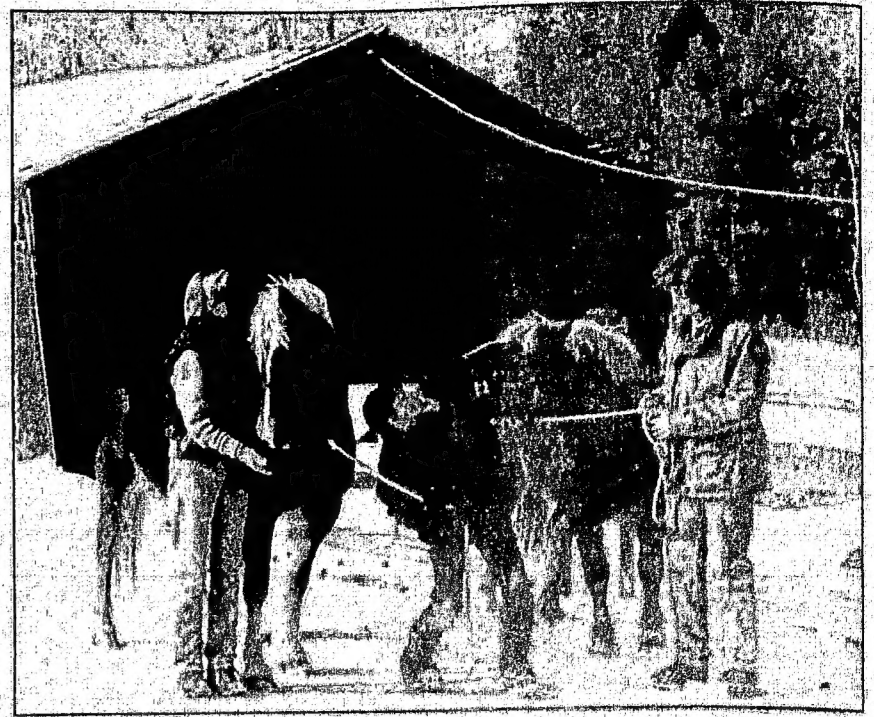
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## New B&B will offer more

By ALISON ALOISIO

Three Philadelphia women came to Maine last August looking for a spot to open a bed & breakfast where their guests could walk out the door into the mountains. They found it on the former Korhonen Farm in West Bethel.

Two weeks ago Emily McKee, Leo Joost, and Susie Dixon opened for business, but they'll be giving their guests more than a place to sleep and a hot meal. The farm will offer recreational activities as well.

"We plan to have cross-country skiing, hiking, and snowshoeing. You can walk right into the White Mountain National Forest, and go for days on the trails," Dixon said. The activities will be open to both guests as well.

Horseback riding will be another offering. They currently have seven horses, and will provide year-round trail riding. In the spring they plan to set up a trail and add two horses.

"It's a beautiful area with perfect therapeutic riding trails," Joost said. "We hope to offer riding to all levels of skill and handicap."

Joost said.

The women brought Pat and Mike, their two draft horses, with them from Pennsylvania and plan to use them occasionally in working the farm.

"We want to grow organic vegetables for sale at the farmers' market and for our own use," said Joost.

McKee, a dietitian, can use them in making preserves for the B & B.

"We'll offer vegetarian breakfasts and light lunches. I hope to set up a weekend health experience program," McKee said.

Guests can get up close and personal with the vegetables if they want by growing some of the plants in the garden, like working in the garden.

When the women first moved to the farm, they were at the farm for a few days, but they were so busy that they had to leave. They decided to stay for a week and see if they could make it.

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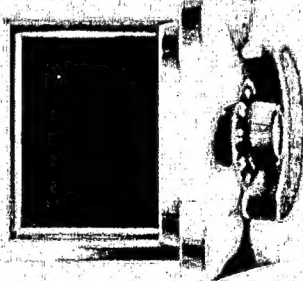
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**SUN JOURNAL Sunday**

### Today with

By ALISON ALOISIO

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and Susie Dixon, left, former Korhonen recreational activities, draft horses Mike (photo by Alison Aloisio)

## more

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## ention of 1985!

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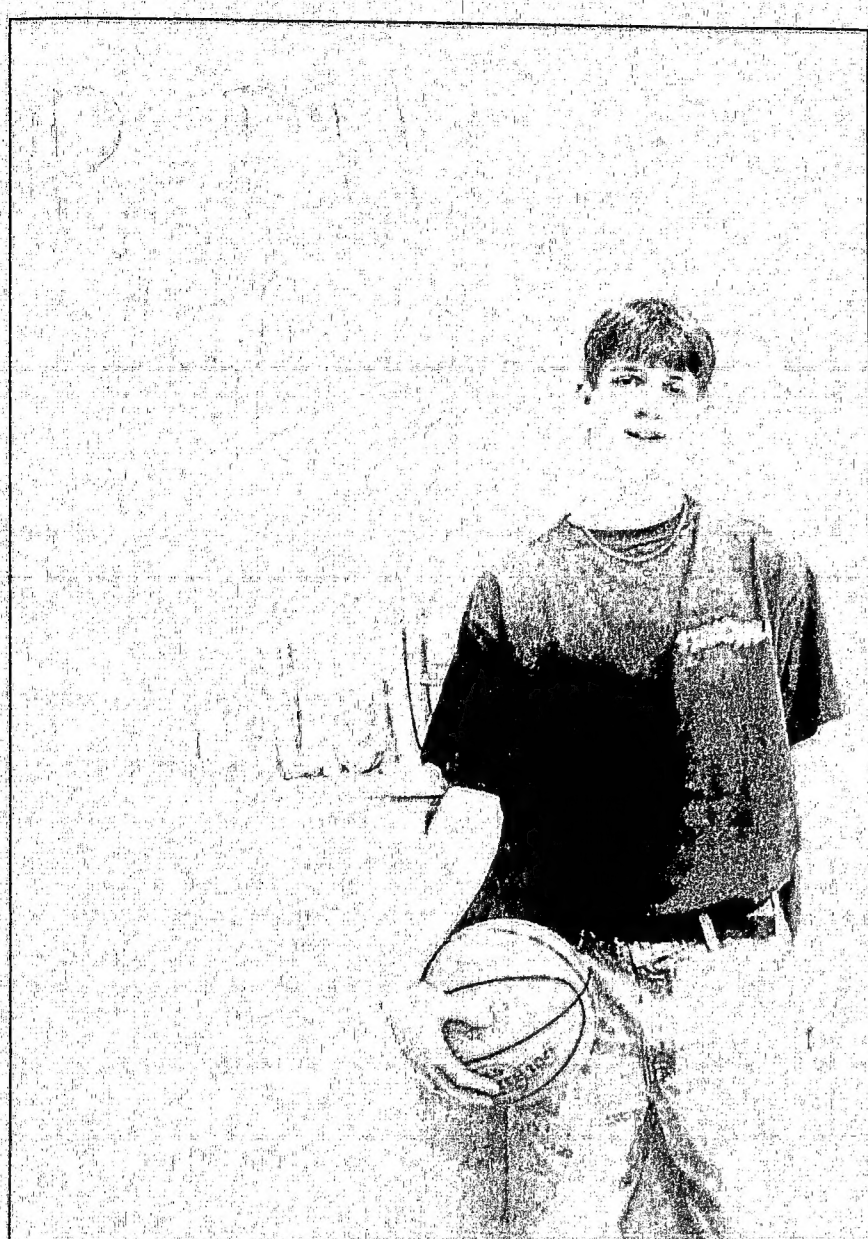
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JOURNAL



Todd Wing

## Todd Wing walks away with Rebel hoop records

By ALISON ALOISIO

When Todd Wing of Bryant Pond graduates from Telstar High School this spring he will take with him two school basketball records.

In the last week of the season, Todd, a guard, broke the record for career points and tied the record for single-game three-point shots.

He reached 1,049 career points on Feb. 10 against Dirigo, surpassing Mike Clark-Pelletier's total of 1,039. Against Mountain Valley on Feb. 7 he tied his own school record of six three-point shots in a game.

Todd hopes his basketball heroics won't end with graduation. He's applied to the University of Maine at Orono and St. Joseph's College with the ambition of joining one of their hoop teams. Telstar coach Mark Thurlow thinks he has a shot at it, especially at St. Joseph's.

Wherever Todd ends up, Thurlow will miss the team leadership he

provided this season.

"He worked hard during the off-season, and matured into the hardest working kid I had this year," Thurlow says.

Todd practiced at home on his driveway court, where he's been shooting baskets since second grade.

He also says he improved the way he looked at the game and how he handled himself on the court.

"I focused on being more of a leader," he says.

Todd credits Thurlow's work ethic for an overall improvement in Telstar's team, and thinks the future is brighter for a sport that has lacked success at the school.

Thurlow agrees.

"I'm just sorry Todd won't be around to see the final product. I'll miss him. He's gotten to be a friend," he said.

## Gould and Telstar skiers wrap up season with elan

By ALISON ALOISIO

Outstanding team achievement by Gould and individual heroics by their Telstar counterparts marked the end of the competitive ski season for the two schools.

Gould won the Maine Independent School League's Alpine Championships at Mt. Abram Friday, beating five other schools.

The Huskies were threatened only in the women's giant slalom. Senior Claire Gros edged Kents Hill's Kendra Emery by 13 one-hundredths of a second in the second run to lead Gould to victory.

Gould won every other event easily, with no fewer than three racers in the top ten of each.

Gould did nearly as well at last week's New England Prep School

Championships in Catamount, N.Y., placing second.

Though Gould's men beat Holderness School in the giant slalom and the women came in second, Holderness pulled away in the slalom events to win the title.

Gould director of skiing Tim LaVallee said of the prep competition, "Obviously we went into the Prep School Championships aiming to win, but we are very satisfied with our results. We have a young team that will be a serious contender for the championship next year."

On Sunday three Gould cross-country skiers clinched spots on New England's Junior Olympic Team.

Ben Kamilewicz of Yarmouth,

Chris Shaner of Norway, and Christoffer Sandberg of Stockholm, Sweden placed in the top 10 in the 5-kilometer classical event in the Junior Olympic Qualifying race in Meriden, NH. They will travel to Fairbanks, Alaska, in early March to compete against the best racers in the United States ages 19 and under.

In Class A high school State Championship competition, the Telstar Boys' team finished third overall in races held Thursday through Saturday in the Bethel area.

Joel Riley and Tim Remington finished 1-2 in the 5-k nordic classical race on Telstar's course Saturday. Riley was second in the 5-k freestyle event on Friday.

In the alpine competition at Sun-

day River, Kevin Rosenberg was Telstar's top giant slalom finisher, in fourth place, and Josh Adams led Telstar racers in slalom, with a 7th place finish.

Liza Fyrberg was the top Telstar skier in the state girls' nordic competition, finishing third in the 5-k classical and 14th in freestyle.

In the Mountain Valley Conference Championship at Black Mountain on Feb. 9-11, Kevin Rosenberg finished first in slalom and second in giant slalom, as Telstar placed third overall.

The nordic team took first in the 5-k freestyle race, with Riley third and Remington fourth.

Liza Fyrberg won the 5-k Girls' classical race, and the Telstar team finished 5th overall.



### school lunch menu

**SAD44 Breakfast Program**  
Monday: French toast w/maple syrup, fruit juice, milk.  
Tuesday: Homemade muffin, fruit juice, raisin cup.

Wednesday: Cereal, graham crackers, p/butter, fruit juice, milk.  
Thursday: Apple turnover, milk.  
Friday: Cinnamon bun, p/butter, fruit juice, milk.

**SAD44 Lunch Program**  
Monday: Cook's choice of meat, hot bakers' bun, oven fries, fruit shape-up.  
Tuesday: Sausage patty, whipped potato, yellow wax beans, hot biscuit, sliced peaches.

Wednesday: Pepperoni pizza,

golden corn, chilled pears.

Thursday: Baked beans, hot dog, cole slaw, dinner roll, blueberry cake.

Friday: Turkey BBQ, toasted baker's bun, green beans, chilled peaches.

**Oxford Hills Lunch Program**

Monday: Chicken patty on bun, hot buttered pasta, garden green peas, fruit.

Tuesday: Pizza w/toppings, golden corn, fresh fruit.

Wednesday: Macaroni and cheese, garden peas, bread/butter, fresh fruit.

Thursday: Spaghetti w/meat sauce, savory green beans, bread/butter, fruit, cookie.

Friday: Hearty vegetable soup, bologna and cheese sandwich, pickles, fruit.

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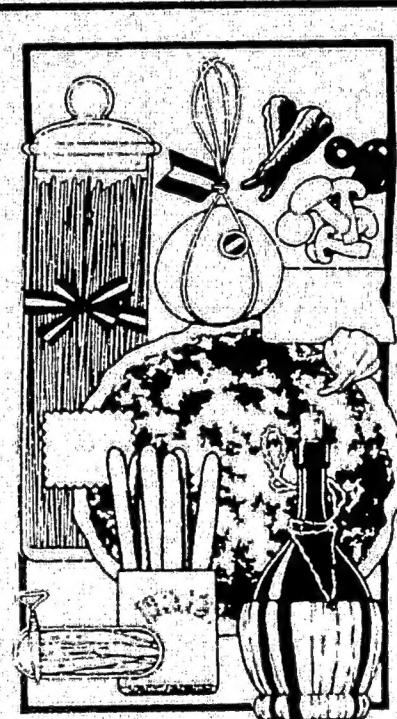
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# Cabin Fever Recipe Contest

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### Rules:

1. Anyone may enter and there is no limit to the number of entries per person.
2. Recipes will be reviewed and three finalists will be selected from each of the following five categories:
  - Main Dish
  - Soup/Stew
  - Salad
  - Bread/Roll
  - Dessert
3. Recipes must be sent to The Bethel Citizen on an official entry form which can be obtained from The Citizen office or Big Bob's Country Store. Entries must be received no later than Friday, March 24, 1995.
4. Finalists will be announced in the March 29, 1995 issue of The Bethel Citizen. Each of the finalists will be asked to bring their prepared entry to be judged on Saturday, April 1, 1995.
5. Ribbons will be awarded to first place finishers in each category as well as a special ribbon for the best presentation of the prepared entry. The **GRAND PRIZE** winner will receive a \$100 Gift Certificate to **BIG BOB'S COUNTRY STORE!**



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## Official Cabin Fever Recipe Contest Form

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Name: \_\_\_\_\_

Address: \_\_\_\_\_

Day Phone: \_\_\_\_\_

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### Recipe:

Ingredients:

Preparation:

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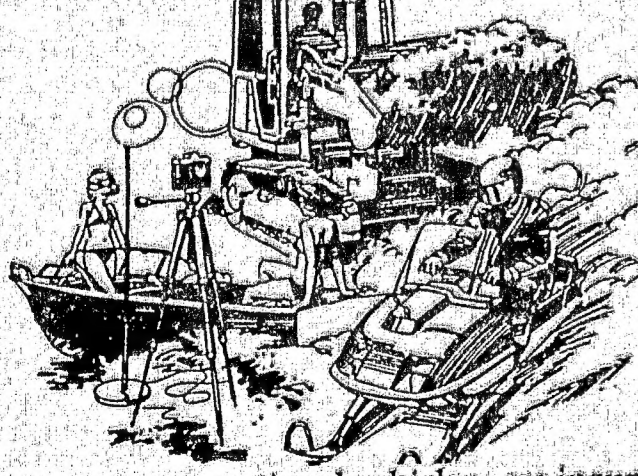
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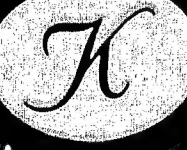


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# Andover



by Karen McKay

Sunday, Feb. 26, is a community ski free day at Sunday River Ski Resort for all SAD44 residents.

Congratulations to Matt Mills, second grade student at Andover Elementary School and Student of the Week for Feb. 6-10. Congratulations also to Jessica Farrington, winner of the hot lunch camera contest for Feb. 6-10. Andover Elementary School sixth-graders are raffling off a lobster dinner for two to be drawn on March 31. The prize will include two lobsters, five pounds of steamed corn, cole slaw and rolls. Contact any sixth-grader for a raffle ticket.

The Andover School is holding their first cross country skiing festival on March 11. The whole family can join in the fun with four levels of ski trails being offered. The event will be similar to the snowmobilers' poker run, only participants will be cross country skiing and picking up envelopes with numbers in them along their trails. Those collecting the most points at each level will win a prize.

The East Andover Community Club has voted to hold a community picnic at the Schneider Grove, located at Ward's Grove, on Sunday, Aug. 27. If you ever lived, or are living in, East Andover you are invited to renew friendships and enjoy a day of fun like the community had years ago. The first picnic was held in 1949 and continued through 1959, except for the war years. The

last picnic was in 1969. Attendance was usually over 100 and as many as 140. This picnic will be the 16th held. Note the date, Aug. 27, and plan to attend.

Mrs. Beverly Swan traveled to Crystal Beach, Fla. to spend a week's vacation with her mother, Mrs. Minnie Akers.

# Bryant Pond



by Alice Hoyt

The Woodstock Alumni met on Monday, Feb. 13, with six members present. The meeting was held to decide on a place for the banquet. It is planned for the first Saturday in June at the American Legion Hall in Locke Mills, with the Auxiliary putting on the banquet.

Curator Larry Billings gave a short presentation about the Historical Museum on Channel IV recently. The society will probably not broadcast often, but occasionally it might be useful. Rev. Hanson took the video. Basil Sequin spoke at the meeting on Saturday, Feb. 11. It seems several buildings in town have their ghosts of sorts. Some people are sensitive to them, others are not. He gave a good program. Twenty-five were present. The curator gave members some handouts about his shop. President Evelyn Bean read a letter from a summer resident, Louise Seames gave an advertising thermometer from Ken's Market to the museum. The society has many fine cultural exhibits at the museum. It is hoped that many will enjoy them and that they will enrich the town and area.

The game warden will speak at the meeting in March, and there will be a silent auction.

The Frozen Logger Restaurant is now open for breakfast and lunch.

Mr. and Mrs. Walter Emery have returned home to Clements, N.C., after visiting his mother, Ruby Emery, a few days. Mrs. Emery had won a trip to Europe, from where they had just returned, plus a trip across the United States, which they used to visit Walter's mother.

The Woodstock Extension met at the home of Barbara Hathaway. A potluck dinner was held and a video on the Cog Railroad was shown, as was a short one on osteoporosis. Thirteen members were present.

# North Newry



by Gil Seeley

Hot coffee, cool art on Atwells Ave. in Providence... At first glance, Inner City Picture Frame/Inner City Artworks Gallery and Espresso Bar looks like a toy store for grownups. Brent Alan Bachelder, our native son has vases and teapots, and all kinds of other artworks on display there. It is a place where artists from all over can bring their "wares," and hope to make a buck. Some of it ranges in price from under \$10 up to \$1,000. Debbie Thibault, co-owner of Inner City Artworks Gallery and Espresso Bar, welcomes tourists where they can sip a cup of coffee and browse around. If you happen to travel to Rhode Island, stop and see some of Brent's works and maybe buy some.

The Newry Mothers' Club met Feb. 14 at the Town Building with only six members. Sub-presidents Karlene Bachelder and Gil Seeley opened the meeting with Gil reading a biography of St. Valentine. The roll call was by secretary-treasurer Olive Anderson, who also reported on the finances, bills, and cards sent to shut-ins, and a card of thanks from Roger and Amy Hanseom. The mystery prize was won by Sylvia Wight, but Peg Wight and Karlene have to bring one of each as they were winners in the last two months. Birthday greetings to Karlene on her birthday on the 24th. Olive suggested that we should be making plans for a food sale to raise money for the children's trip to Storyland in June. The club will work with the recreation committee and the children's mothers, if they are willing to help raise the money, by doing the soliciting for the food, etc. (We can't do it alone!) The sale could be sometime in May, more on this later. Next month's meeting will be March 13, at 7:30 p.m. at the Town Building. Refreshments will be furnished by Sylvia Wight and Shirley Keith. The meeting adjourned and valentines were exchanged during refreshments that were furnished by Karlene, Olive and Gil. Sylvia brought some popcorn.

Karlene Bachelder, Betsy Clark, Gil Seeley, Bea Lowell and Olive Anderson, members of the "Newry Bowling Gang," were at the Oxford Lanes in Rumford one day last week. Rena Powers and Jim Anderson were guests. On the overall scores, Gil was high on both the triples and singles. Of the "Righties," Olive was high on the singles and Karlene high on the triples. Gil had four spares, Betsy had three spares, and Olive had two spares. All went to lunch and did some shopping.

Move over Newt... I received news from Rhode Island that my nephew's son Chris Tofi of Pascoag has been nominated chairman of the Republican Town Committee in Burrillville County of five towns: Pascoag, Harrisville, Oakland, Mapleville and Bridgton. He is only 30 years old, was born in Burrillville and holds bachelor's and master's degrees in education. He is a member of the Pascoag Hose Co. 1, and also The Shoestring Drama Players and the Burrillville Historical and Preservation Society. He already has his eyes on Washington... Of course, it may be a few years before he can get there, but who knows? He is talkative like Newt, and impressionable. Well that's all I'm going to say for now.

Skating enthusiasts, All are invited to a skating party, Thursday night, Feb. 23, at 7 p.m. at the White Cap Skating Rink at Sunday River Ski Resort. The Newry Recreation Committee is sponsoring the party and will provide hot chocolate and cookies to keep us warm. Enter to win one of two \$5 gift certificates redeemable at Sunday River. Skate rentals will be available. Should be quite a fun night with fireworks to follow at 8 p.m. See you there.

Business-Mike Witter donated T-shirts for a sports activity at school. This is very thoughtful of them. In the picture I noticed a couple of students wearing them; they were Dani Littlehale and Cora Gallagher.

Joan Poland was laid up with the flu for about a week. There's a lot of flu around right now.

Honor roll students from this area that attend Telstar High are: Kim Baker, Megan Cole, Matthew Koskela, Rebecca Chandler, Heidi Koskela and Joshua Buker, Telstar Middle School; Darcie Buker, Caitlin Gallagher, Lacy Phillips, Jeffrey Chandler and Carla Harlow, Woodstock Elementary School; Darcy Tyler, Sheri Curley, Kristina Koskela and Crystal Cash.

Perfect attendance at WES: Joshua Campbell, Tyler Bennett, Heather Demarest, Justin Kennison, James Campbell, Taneli Koskela, Darcy Tyler, Jonathan Campbell and Crystal Cash. Congratulations to both the honor roll students and those with good attendance. Keep up the good work!

February birthdays I missed are: Kari Korkonen, Sheila Verrill, David Brown and Bailey Davis, who is going to be five years old this month, also Ryan Hathaway. Happy Birthday to everyone.

Larry Billings, curator at Woodstock Historical Society, reports that he has given a framed print and a history book to the society. The society tries to offer the public interesting and informative programs and historical materials. Mr. Billings has been reading a book by Maine writer Sarah Jewett. The March meeting will feature a visit from the local paint dealer.

# South Woodstock



by Andrea Wimp

Pete, Laurene and Danielle stopped by one night recently. Laurene didn't have to work the next day as the shoe shop is a little slow right now.

I was glad to see that The Old

See SOUTH WOODSTOCK, page 7

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## South Woodstock

Continued from page 6

I gave Joyce Hathaway a call and she told me that a group went to Shorelands in Harrison for supper recently. The group included Ken and Alice McInnis, Lois and Roy Day, Althea and John Hathaway, Ann and Knox Bickford and Ellsworth and Joyce Hathaway. All the Hathaways were there except for a brother, Alton. They all had a wonderful meal and said the place is once again beautiful.

Donna Hathaway and family are spending time in Maine, after living in California, while her husband is in the service. She has sons Ryan, Brandon, four years old, and a baby five months old, named Adam. She is getting used to the cold weather. Ryan was nine years old last week and had a birthday party Saturday at his home. He was really looking forward to it. His grandfather, Ellsworth Hathaway, made him a desk for his birthday. I can see Ryan waiting for the school bus from where I live. I always wonder how he is doing since the weather has been real cold. Joyce says he loves it.

Ellsworth hasn't been working at Will's Mill much lately because of the cold weather, but has been working in the woods some of the time. I've been working on my income taxes some lately. I like to get them sent in as soon as possible, but it's a lot later this year than I like to be. Maybe next week.

Quote of the Week: "I've learned that even when I have pain, I don't have to be a pain."

## East Stoneham



by Eleanor Nelson  
The public supper that the Stoneham Knight Riders Snowmobile Club put on at

Kezar Lake Grange Hall at North Lovell was a success again this year with about 200 people being served. If you didn't go you missed a good meal.

One night this past week the Planning Board met with five members and three representatives from Evergreen Valley to discuss permits for house lots over there and to let people know what is being planned at the Valley.

There's not much news this week, as I traveled to Massachusetts on

Sunday to give support and to attend the funeral of Edna Barnard of Bedford, Mass.

Daughters of Union Veterans of the Civil War Tent 19 - don't forget the meeting this month at the church vestry on Wednesday, Feb. 22, 7 p.m.

Also, a reminder that the Norway, Harris and Stoneham snowmobile clubs are putting on a pasta feast at the Harrison V.F.W. Hall on Saturday, Feb. 25.

One day last week I went to Bridgton on business and went to the Sweet Signs. Terry and Sandy Sweet are the owners of this business and they now have flags of every description and size and can order special flags to be made. They are very reasonable on prices and are very pleasant to do business with.

## West Paris



by Miriam Inman  
Julie Veysey of Palmyra visited her grandmother Louie Coffin on Monday.

The Forward Fellowship will meet on Monday, Feb. 27, for a 6 p.m. potluck supper. A silent auction will be held following the meeting.

I did send news in last week but it was omitted. So the Historical Society oyster stew item did not get in the paper. Also, people would have liked to know that Peter Lenz would be the speaker.

## Greenwood City



by Colista Morgan  
This week I decided I'd look over my old "Youth's Companion" magazine to see if I

could find any of C.A. Stevens' old Squire stories. The first paper I picked up was dated just 93 years ago today, Feb. 13, 1902. The cover of the magazine has two pictures: "The United States Frigate 'Constitution' (old Ironsides)" and "The United Dispatch-Boat 'Dolphin' in Dry Dock."

The first page contains several interesting features. "New England and Other Matters" is the longest and most interesting. Several ads: "American Seal Paint," "Minard's Liniment for Croup" and others.

Another page tells about "Pets from the Philippines," by Dr. Felix

Oswald. Pictured are a Kalong Bat, Porcupine Fish, A Hornbill, The Perito entitled, "A Dog that is not a Dog." All are interesting.

The next page contains the story, "Barb's Valentine," by Elia W. Peattie, then "Tales of A Deep-Sea Diver."

The column on "Current Topics" contains many things of interest. There are poems on several pages and this issue has Valentine verses.

Every issue has a "Children's Page." This one contains "Grandma Beasley's Valentine" and the picture of a boy with his dog in harness pulling a sled that has a little girl with her little hands nestled in a muff. Walking beside her is a small boy looking so happy as he guards her. Under this picture is "Carrying the Valentine."

"Nature and Science" is of interest to me even though it was written 90 years ago. Out of the six printed, I liked the "Queen Animal of Madagascar" best.

The ads and prices are amusing at times. \$3 for a pair of shoes, Sloans Liniment, large bottle price 25 cents.

There is much, much more and I have turned back time, a time when I was a child and had the "Youth's Companion" in my home. The price was \$1.75 a year. A weekly paper of eight pages adds up to over 400 pages a year. A paper worth the money and hours of reading.

The Holt family had their valentine party on Sunday. We were sorry that Sally was ill and couldn't be with us.

Rena Curtis had a visit from her granddaughter Cindy and her husband on Sunday. They live in Freeport.

Leonas and Fay Holt visited his sister and husband, Mr. and Mrs. Howard Gardner in Norway this week.

The snowmobilers have enjoyed the new snow here.

## West Bethel



by Constance Broadbent  
Dear Mary Jane, Thanks for the call; it was fun to hear from you and to catch up

on the happenings with your family and your new home and jobs. I was especially intrigued to hear that the croci and the daffodils were poking through the warmer soil of your semi-south as I gazed out at the snow-covered everything beyond the sunroom! But guess what! The falling of the big snow at the begin-

ning of this month heralded the arrival of not just Viola the inviolate cardinal, but of her new acquaintance, John Dunphy Cardinal of the brilliant red plumage! Yes, after waiting patiently for a mere twelve years, we have finally lured "his nibs" to the feeding area... or perhaps I should say, she has lured him so that we could have a look!

The last few seasons have been the most frustrating for birders of our ilk; she has shown off her reddish-brown feathers for the past two or three winters, coming ever closer to our territory, nibbling the sunflower seeds and the cracked corn with her fat orange beak, but always appearing as a "one-o". You may recall that I have dubbed her the "Widow Cardinal" on occasion, and more recently, "Viola the Virginal"... but all that is about to change, it would seem.

Viola has at last landed her John D. and they have been appearing as a 'duo' on a regular basis. The large white pine near the feeders provides the cover and the haven for these skittish finches of the crested-head type, and they grace our space on a regular basis. Needless to say, we are in bird heaven every time we spy one or both of them. Now we await the miracle of spring and the hope of little red babies that their familiar fluting will announce.

And while we wait, we go about our own business as country dwellers. We host parties, attend to the sick, take mystery rides, conduct meetings, and gather for suppers and magnificent "sendoffs", as Muddy refers to funerals. Since you and I spoke, we have witnessed a truly magnificent sendoff, as more than 250 friends and family crowded into our small West Bethel Union Church for the funeral of Christine Hanscom. Our beloved John Williams led us in prayer and praise of Christine's relatively brief, but love-packed time on this earth, reminding all those who gathered of the miracles that can be wrought in the time allowed. Neta played and the choir sang themselves to silence as the family greeted and thanked each of the hundreds who lined up to share hugs and loving phrases.

Those of us who could pick Audrey Brook up on the crowd, gave her special hugs for her long and loving stint as caregiver to her friend. Friends matter. Friends show concern. Friends help... Last week, Dot Bennett and Linda Westfield stopped for tea and sunshine in my sewing room/painting parlor/sunroom. Dot brought a pillow-top for me to copy; Linda brought Valentine candy for me (I hid it from Donald) to enjoy... this week Dot recovers from injuries sustained

in an encounter with an automatic door... the door won!

The Gilberts took the Grovers for a mystery ride recently. Ina and Rupert snuck an overnight bag on board, just in case they ended up in Newfoundland, but it turned out to be rather a short ride... to Kittery and back in the same day... some kind of short distance record for Arthur! ...Maybe Ruth had dibs on the bread machine for early the next morning!

This week we village folk will assemble for a potluck at a fellowship supper at our yellow church; we'll crank up the wood stoves at the grange hall for a Thursday meeting, and we'll check in on Margaret Merrill and Ellie MacMunn who are both recovering from their recent surgeries. Hopefully our pies and cakes will find them mending nicely.

Meanwhile we prepare another quillow for raffling. You know of the quillows? Those four by five foot nap robes that disappear into pillow pouches when not being snoozed under? I'll be accepting donations of one dinario per chance (proceeds for aforementioned church kitty) from now until there is enough in the box to justify stopping. You can send me a dollar if you like, and I'll be glad to put your name in the drawing. (That goes for other readers of this 'very private' missal also.) The latest offering is done in eye-catching greens and pinks... it will probably sit on display in Linda's shop for a while too.

In other areas of spending wisely... there will be a chance to buy a finely crafted Longaberger basket one of these days, as soon as I can decide on a date for the demo. And there is an established date for a viewing of the latest in Lupperware, that tried and true, long lasting product that burps and bends to the wills of all of our leftovers and mixings. I'm still mixing cookies in a grand old bowl that came into the family while J.F.K. was President!...the T. lady will be here on March 9, so if you out there need something, call me (836-2736).

Enough of the party pitching. It's time for my second cup of java while the printer turns this into hard copy. Then it's off to the downtown area while the streets are relatively empty of crowds (when the slopes shut down, the shops swish downtown to eat, to shop, to bump into tricky doors, to rent movies, buy books, pick up trinkets, and to make their exits in the wrong direction!) Those of us who don't like mobs, enter the metropolis in the early daylight hours, and make our exits long before four in the afternoon! ...there is a time for each species.

Oh! I almost forgot to tell you... we've noticed lots of deer tracks in the snow all around our yard lately... and the other night, upon returning from a late card game we surprised the track-makers. As we rounded the bend at the top of our hill, there were three deer (countable by light of the headlights...who knows if the rest of the herd lurked in the shadows) browsing in and around the compost pile! They lingered for only a moment and then made haste for the neighboring forest, waving their flags in retreat. Just another treat for us in our ongoing quest for "the nature experience".

Keep us abreast of the Corliss experience. Tell the boys that we miss them... especially when there are too many coats in one room. Good luck in your new jobs... and let Warren

use the computer once in a while! We look forward to spring and the reappearance of Grandfather Corliss's special Plaintains. Let me know if your's survived the southward journey... there should be plenty to share if you need a replacement.

Regards to all who reside on that side of the golf course. Love, C.B.

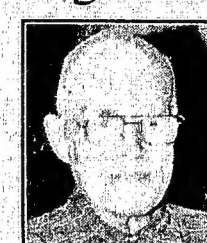
## East Bethel



by Nancy Mercer

Charles Smith celebrated his birthday recently and received a belated Prime Star dish for Christmas. Gary Smith and Wanda Howard of Rumford and Donna and Jim Bernard of Andover came. Donna made a birthday cake for her father.

## High Street



West Paris by Russell Yates

Howdy, folks. What a beautiful, crisp, cold morning we have this morning, the 13th day of February. I don't mind it as much, as the days are getting longer and I realize the cold and snow can't stay as long as it might have had it all come in November. Spring is now only weeks away.

Peggy didn't feel well on Tuesday, but we had some company that helped her forget how she felt. Barbara Yates from Sunday River was down in the forenoon and stayed for dinner and visited a while in the afternoon. Then Loretta Merrill from West Bethel came to visit her mother in the late afternoon and stayed for supper.

Last Tuesday was the night for Oxford Pomona to meet at Oxford Grange Hall in Welchville. Peggy didn't feel up to going, so Richard Felt and Lucy Robbins came by here and I rode with them. They also picked up Gail Butterfield and Marion Bennett in South Paris. This was CWA night at Pomona and all of the officers were filled by ladies. We had a real good attendance, and the ladies did a fine job carrying on the meeting.

Mary Lovejoy visited Marsh Baxter of Oxford on Thursday afternoon.

Impi and Raymond Mack visited his brother, Russell Mack, one day this week.

## Upton



by Arline Bernier

The Upton Board of Selectmen met at the office Wednesday evening with two members present. They opened a bid for winter roads plowing and sanding for three years beginning with the 1995-96 season and rejected the bid. They worked on reports for the Town Report and found that there are still two to come in.

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**Award Winning Dining for the Whole Family**

Enjoy candlelight dining 7 nights a week with music on the Steinway and fireplaces aglow.  
 Chef's Special starting at \$14.00  
 Special Early Family Dining  
 Kids 11 and under eat FREE with parents 6:00 - 6:30 everynight  
 Breakfast and Lunch served Daily

**Après Ski ~ Late Night**  
 Choose one of our hot winter beverage specials or try a new brew! (Over 40 varieties to choose from).  
 Free Appetizers  
 5 - 7 pm February 18-25  
 Live Entertainment  
 Pool Table • Fireplace  
 Piano Bar  
 9 - 'til late night!  
 (207) 824-2175  
 (800) 654-0125

**The Bethel Inn Country Club**  
 Maine  
 On the Village Common

Maine's Premiere Four-Season Resort

**ALL ABOARD**

The IRON HORSE BAR & GRILL for FINE AMERICAN DINING

Climb aboard the club car located at Bethel Station and enjoy a full course dinner including Smoked Salmon & Steamed Shrimp appetizers to Roast Prime Rib, Filet Mignon, Chicken Marsala to Grilled Filet of Salmon... or for lighter fare try our Orient Express Veggie Sandwich, Choo-Choo Chicken Salad and other Lounge Menu Favorites!

Open Wednesday thru Sunday at 3 pm  
 824-0961

**Bartlett Estate Wine Tasting**

Saturday, February 25  
 5:30 - 7:00 p.m.  
 \$10/per person

featuring four fruit wines from Maine's Own

**Bartlett Estate Winery**

Also included are hors d'oeuvres in a fireplace setting.

**The Bethel Inn Country Club**  
 Maine  
 Call 207-824-2175

**LOCKE MILLS American Legion Post 68**

FEBRUARY 25, 1995  
 Live Music 8:30 pm to 1 am

**COUNTRY MUSIC DESPERADO**

Featuring Dances  
 3:15 - 4:15 pm  
 4:15 - 5:15 pm  
 5:15 - 6:15 pm  
 6:15 - 7:15 pm  
 7:15 - 8:15 pm  
 8:15 - 9:15 pm  
 9:15 - 10:15 pm  
 10:15 - 11:15 pm  
 11:15 - 12:15 am

\$7 per person RYOB  
 824-3785 for Reservations

**\$ BINGO \$**

Great Selection of Pull Tabs  
 Winner Takes All  
 State Limit Paid Out

Every Wednesday & Friday 6 PM  
 Sealed Tickets Early Birds  
 Doors Open at 4:00

**Chinese Food Mayflower Chinese Restaurant**

Open 6 Days A Week  
 Closed Mondays  
 Route 2, Rumford, ME  
 207-369-9308 or 369-9306

**We are not using MSG in any of our food... Including Our Luncheon Buffet**

Dinner Specials Daily  
 All Major Credit Cards Accepted

**LIVE ENTERTAINMENT**

Wednesday Nite:  
 Band on Edge w/Denny Breaux  
 Thursday Nite:  
 Hoot Nite  
 Fri & Sat Nite:  
 Under Achievers  
 Sunday Nite:  
 Derek Dresser

Serving Pizza until 11 pm on Fri & Sat Nights!  
 8 Maine Microbrews on Tap

**Food & Fun 'til almost 11! HAPPY HOUR 4 - 6:30**  
 Under the Sudbury Inn  
 Main Street, Bethel • 824-6558  
 OPEN 7 NITES

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**Aerobic**  
 at The Bethel Railroad Street  
 Call Lee at 82

**Chiropr**  
 Dr. Joseph D Main Street, I 824-3899

Rumford Ch Dr. Stephen C Dr. Mark J. V 364-7931

**Counse**  
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The  
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824-2175

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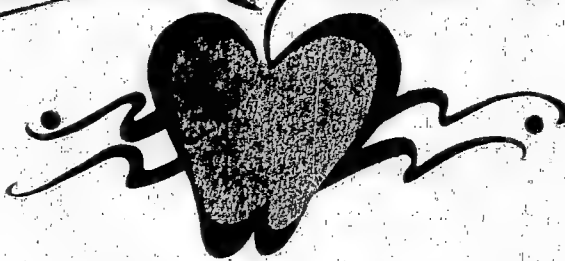
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OUR 4 - 6:30  
Sudbury Inn  
Bethel • 824-6558  
7 NITES

# HEALTHY LIVING



## Women's Health Workshop

by: L. Ray,  
Bethel Area Health Center

The fifth annual Women's Health Conference sponsored by SAD #44 Adult and Community Education and the Bethel Area Health Center will be presented at Crescent Park School on March 25, 1995. This all-day event will include fifteen presenters. The mission of the conference has been to promote women's health and offer local women a format for networking and defining their health education needs.

Presentations Include:

"The Stress is Killing Me!"

"Loss in Our Lives"

"Fast and Fearless!"

"Woman's Financial Health"

"Color Me Beautiful"

"Herbs for Whole Health"



"Art as a Healing Tool"

"Understanding Step Families"

"Posture & Movement  
Awareness for Balance"

"Touch - The Forgotten and  
Forbidden Medicine"

Contact SAD 44 Adult Community  
Education for More Information:  
824-2780

## A Parent's Guide to Raising Cavity-Free Kids

By: Tracy Mason; Volunteer Community Dental Health Educator

Never before in history has it been more possible or easier for kids to grow up without knowing the scourge of dental disease. With just a little elbow grease and know-how, parents today can provide their children with a lifetime of good dental health. The days of "Drill and Fill" as we parents knew them are gone forever! We now have the means -- the knowledge, materials, and resources -- to eliminate cavities completely. There are no deep dark secrets here, just adherence to what we know about preventing dental disease: clean teeth, good diet, fluoride, regular dental visits, and use of sealants on cavity-prone teeth. Any parent who is willing to follow these guidelines should be assured of having cavity-free kids.



ch in up, you only have to do this  
once a day.

### Clean Teeth

This should more accurately say 'clean mouth and teeth' because proper oral hygiene starts before any teeth show up. You should start cleaning your infant's mouth as soon as you get home from the hospital. After every feeding, wipe the baby's gums with a damp washcloth or terry towel cut made for this purpose to remove retained milk or formula and plaque. This will greatly reduce the discomfort your child experiences during 'tooth cutting'.

Once teeth show up, it's time to start brushing twice a day. Get used to it -- you'll be doing it twice a day until your kid develops the dexterity to do it themselves -- when they're 7-8 years old.

Next comes flossing! Ah, yes, flossing! YOU need to floss between any teeth that touch the teeth next to them. You can plan to do this until your kid is about 8-10 and can do it by themselves, but,

One of the most serious conditions that can affect your infant's teeth is 'Nursing Bottle Mouth'. The true shame of this condition is that it is so easily prevented! NEVER let your baby sleep with a bottle that contains ANYTHING other than water. When a baby goes to sleep, they stop producing saliva and they stop swallowing -- this means that any liquid in their bottles pools up and remains in contact with their teeth for long periods of time. If this liquid contains ANY sugar, (milk, formula, juice, etc.) the teeth are bathed in acid and decay rapidly.

### Good Diet

You've all heard this before so I'll be brief -- substitute fruits and veggies for sweet snacks whenever possible. What you may not realize, however, is that the frequency of sweet snacks is far more important than the amount of sugar eaten. Each time your kid puts something containing sugar in their mouth, acid (which dissolves the teeth) is produced for the next 20 minutes. So, bunch the sweets.

together -- have sweet treats after meals and get rid of the soda that they sip all day!

### Fluoride

Fluoride is one of the most effective elements for preventing tooth decay. This mineral combines with tooth enamel to strengthen it against decay. The most effective way for your child to get fluoride's protection is by drinking water containing the right amount of the mineral. Other ways to get fluoride's protections are: taking fluoride tablets or drops, fluoride application in dental office, brushing with a fluoride toothpaste, and using a fluoride mouth rinse. Discuss your child's specific fluoride needs with your dentist.

### Sealants

Sealants are used to protect the chewing surfaces of the child's back teeth. These surfaces often decay because they contain tiny grooves and depressions where plaque accumulates. Sealants are plastic materials that can be bonded onto these decay-prone surfaces of the teeth. By forming a thin covering over the pits and fissures, the sealants keep plaque and food out of the crevices in the teeth, reducing the risk of decay.

### Regular Dental Visits

Your dentist and other members of the dental health care team can provide valuable assistance in maintaining your child's dental health. They can custom tailor a fluoride program for your child, give instruction to you and your child in proper brushing and flossing techniques, provide dietary counseling, advise you if your child would benefit from sealants, and diagnose any dental problems so they can be treated early.

## Heart to Heart

By: Sylvia Charest, RN, Nurse Coordinator  
Cardiac Rehab Department  
Androscoggin Valley Hospital, Berlin, NH

### Why Should People Learn CPR?

CPR can save lives. In 1990 cardiovascular heart disease accounted for more than 900,000 deaths and 500,000 of them were due to heart attacks. About two-thirds of these deaths occur before the victim reaches the hospital. We can prevent many of these deaths. The key to survival is speed in getting specialized medical care for victims and in starting CPR. Without CPR, permanent brain death due to lack of oxygen will occur. CPR is a vital link in the chain of survival. Trained persons must start CPR to maintain the victim until more advanced support is available. The chain of survival includes the following: early activation of the emergency medical services (EMS) system, early CPR, early defibrillation, and early advanced care.

CPR classes also deal with heart disease risk factors and prudent heart living. We know that certain behaviors, or risk factors, have been associated with developing heart disease. The greater the number of risk factors, the greater the chance there is of developing heart disease. Some risk factors

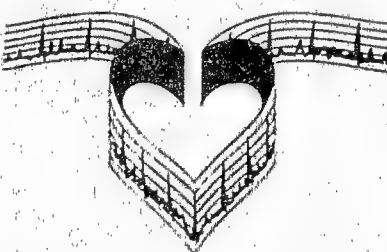
cannot be changed such as heredity, male gender, race and increasing age. Some factors can be changed and include cigarette smoking, high blood pressure, blood cholesterol levels and physical inactivity. Other factors include diabetes, obesity and stress.

Prudent heart living is a lifestyle that reduces the risk of future heart disease. This lifestyle includes weight control, physical fitness, sensible dietary habits, avoidance of cigarette smoking, reduction of blood fats, and control of high blood pressure.

Most of the evidence available shows that reducing the risks of risk factors may prevent many

heart attacks and can result in better health. Everyone can benefit from this type of healthy living. Children benefit the most by learning these habits at an early age. The Androscoggin Valley Hospital Cardiac Rehabilitation Department is proud to sponsor CPR classes for area communities every other month on the last two Thursdays. The goal of CPR courses is to increase the number of people who are knowledgeable about the prevention of heart disease and preventable injuries. These programs will help educate the lay public about the emergency treatment of cardiac arrest and sudden cardiac death.

March classes are scheduled on the 23 and 30th. Classes take place from 6:00 to 9:00 pm in the hospital lecture room. The fee is \$10 per person. Part of this fee covers the cost of the basic life support manual given at the first class. The balance of the fee is placed in a scholarship fund for persons with heart disease who wish to enroll in the Cardiac Rehab Program. For more information about CPR classes, please call (603) 752-2200 ext. 102.



## TRIAGE: Waiting Time in the Emergency Room

by: Joanna Backman  
Stephens Memorial Hospital

When you arrive at Stephens Memorial Hospital's Emergency Room, you may have to wait for treatment. Triage is the reason for this possible wait. Triage is the sorting of patients according to the priority of care they need. Upon arrival, you will be assessed by a Registered Nurse, and placed in one of three predetermined categories. Those individuals who require the most immediate care are treated first. For example: a patient coming in with cardiac-related chest pain will be placed in category 1, meaning that they need to be seen immediately. Abdominal pain would be category 2 and an ear ache, for example, would be a category 3.

There is an emergency physician on duty 24 hours a day, and E.R. nurses are specially trained in triage and are advanced cardiac trained. Many of the E.R. nurses are additionally trained in trauma care, pediatric advanced life support and neonatal resuscitation.

There are some things you as a patient can do to help speed up the process of seeing an ER physician: write down and carry with you any allergies you have, the medications you are taking, and the date of your last tetanus shot. Also, remember that minors need permission for treatment (if your children are spending the weekend at a relatives home, write a permission note allowing treatment if you are unable to be reached).

American Heart  
Association  
Fighting Heart Disease  
and Stroke

## Help Your Heart Recipes

This recipe is intended to be part of an overall healthful eating plan. Total fat intake should be less than 30 percent of your total calories for a day -- not for each food or recipe.

### Breakfast on the Run

- |   |  |
|---|--|
| 4 tablespoons apple butter                                  | 2 tablespoons minced green onion tops          |
| 2 tablespoons Dijon mustard                                 | 3 ounces shredded low-fat sharp cheddar cheese |
| 3 wheat-berly English muffins, split and lightly toasted    |  |
| 6 1-ounce slices low-fat, cracked black pepper ham, chopped |  |

In a small bowl, combine apple butter and mustard. Stir to mix well. Spread 1 tablespoon mixture on each muffin half.

In another small bowl, combine ham, onion and cheese. Stir to mix well. Place 1/2 of mixture on each muffin half. Broil until topping is bubbly.

Note: For a quick breakfast treat for the entire family, prepare apple butter mixture and ham mixture in advance, cover and refrigerate. When you're ready, toast the muffins and proceed as directed. Double or triple the recipe for a crowd-pleasing breakfast or brunch. Serves 6. English muffin per serving

### Nutrient Analysis per Serving

146 kcal. Calories	11 mg. Cholesterol	1 gm. Saturated Fat
9 gm. Protein	394 mg. Sodium	1 gm. Polyunsaturated Fat
20 gm. Carbohydrate	4 gm. Total Fat	1 gm. Monounsaturated Fat

This Help Your Heart Recipe is from the American Heart Association Cookbook, Fifth Edition. American Heart Association. Published by Times Books, a Division of Random House, Inc. 1973, 1975, 1979, 1984, 1991.

## HEALTH CARE PROVIDERS

### Aerobic Exercise

at The Bethel Area Health Center  
Railroad Street, Bethel  
Call Lee at 824-4631 for information

### Chiropractic Care

Dr. Joseph DeMarco, Chiropractor  
Main Street, Bethel  
824-3899

Rumford Chiropractic Center,  
Dr. Stephen Garbarini, D.C.  
Dr. Mark J. Wasowski, D.C.  
364-7931

### Counseling

Self Directions  
Dan Hart, LPC  
15 Chapman St., Bethel • 824-3217

### Dentistry

Dr. John R. Mason, DDS  
Northwest Bethel Road, Bethel  
824-3378

### Eyecare

Dr. Lennie Shaw, O.D.  
Lower Main Street, Bethel  
824-2227

### Eyewear

Pro Vision Centers  
150 Main St., S. Paris • 743-6577  
Auburn Mall, Auburn • 783-1394

### Health Centers

Bethel Area Health Center  
Railroad St., Bethel  
824-2193 or 1-800-287-2292  
Swift River Health Care  
191 Lincoln Ave., Rumford  
369-0146

### Health Clubs

Bethel Inn & Country Club  
On the Common, Bethel  
824-2175  
The Fitness Center  
Rumford Community Hospital  
420 Franklin Street, Rumford  
364-4581 • OPEN Mon-Sat  
The Fitness Place  
17 Olson Road, Off Rt. 26  
South Paris • 743-9242

Madison Health & Fitness Club  
Open 8 a.m. - 9:30 p.m. daily  
Rt. 2, Rumford • 364-7973

### Health Food

Fare Share Coop  
Tannery Street, Norway  
743-9044

The Good Food Store  
212 Mayville Rd, Bethel  
824-3754

### Hearing Specialists

Beltone Hearing Center of Maine  
108 Main Street, Norway  
743-8747  
Sparkes Hearing Services  
23 Front Street, Farmington  
778-9545

### Home Health Care

Nurses House Call  
SA Franklin St., Farmington  
1-800-564-5966

### Hospitals

Androscoggin Valley Hospital  
59 Page Hill Road  
Berlin, NH 03570, (603) 752-2200  
Rumford Community Hospital  
420 Franklin Street, Rumford  
364-4581  
Stephens Memorial Hospital  
80 Main Street, Norway  
743-5933

### Massage Therapists

Mahoosuc Mountain Massage  
Rt. 26, Bethel • 824-7600

Therapeutic Massage  
Janet Willie, N.C.M.T.  
Main St., Bethel • 824-3889

### Pharmacy

Preb's Marketplace Pharmacy  
Specializing in your good health  
66 Main St., Bethel • 824-2280

### Physicians

Mountain Health Services  
2 Broadway, Gorham • (603) 466-2741  
59 Page Hill Rd, Berlin • (603) 752-2900

### Rehabilitation

Spinex, Therapy for Chronic Pain  
Stephen J. Garbarini D.C.  
160 Lincoln Ave, Rumford 364-7531



THURSDAY EVENING FEBRUARY 23, 1995										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(3)	Cheers	NHL Hockey: Boston Bruins at New Jersey Devils						News	Juvenile	Top Cops
(5)	Walters		Shade		Rescue 911		700 Club		Father Dowling Mysteries	
(6)	Murphy B	Roseanne	Mad-You	Friends	Seinfeld	Friends	ER		News	
(8)	Fortune	Jeopardy!	Mallock				Day One		News	
(10)	MacNeil-Lehrer		Basketball	High School Basketball				High School Basketball		
(11)	Sportsctr	College Basketball: Texas at Texas Tech				College Basketball: Massachusetts at Temple				Sportsctr
(12)	American	News	Loretta Lynn & Friends	Music City Tonight			Club Dance		News	
(13)	Ent Tonight	Edition	Movie: Simon & Simon in Trouble Again				48 Hours		News	
(14)	Pregame	NBA Basketball: Boston Celtics vs Orlando Magic					College Basketball: Southern California at Stanford			
(15)	Movie "Lightning Jack"			Movie "Marital Outlaw"			Comedy	Real Sex 11		
(17)	Movie "Ghostbusters II"			Lillehammer '94: 16 Days of Glory				We Are the World-Tribute		
(18)	Nat Lmpoon Resort		Movie "About Last Night"				Movie "Fleshstone"		Dead Con.	
(20)	Cup	College Basketball: Va Tech at Va Commonwealth				Boxing: Prime Championship Series			Boxing	
(21)	Design W	Design W	Unsolved Mysteries	Movie "Compromising Positions"				Unsolved Mysteries		
(22)	Who's the Boss?		NBA Basketball: Philadelphia 76ers at Denver Nuggets					Movie "Platoon Leader"		
(24)	Doug	Looney	Jeannie	Bewitched	I Love Lucy	M.T. Moore	Taxi	Taxi	Newhart	Van Dyke
(25)	Movie "Arabian Nights"		Movie "The Lawless Breed"			Movie "Papa's Delicate Condition"				
(26)	Wings	Wings	Murder She Wrote	Movie "Cop"				Wings	Wings	
(27)	Rockford Files		Biography	Atlantic Records Story				Law & Order		
(32)	Eat Daisies	Eddie's	Movie "Ghostbusters"				News	Kojak		
(34)	Love Con	Jeffersons	For Stories			G.I. of Love	News	Night Court	Simon	
(39)	O.J. Simpson Trial: Cont'd		Crossfire	Larry King Live			World News	Showbiz	Sports	Trial

FRIDAY EVENING FEBRUARY 24, 1995										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(3)	Cheers	NBA Basketball: Boston Celtics at Orlando Magic						News	Juvenile	Top Cops
(5)	Walters	Shade	Shade	Rescue 911			700 Club		Father Dowling Mysteries	
(6)	Murphy B	Roseanne	Unsolved Mysteries	Date Line			Home Life		News	
(8)	Fortune	Jeopardy!	Fair Mail	Big World	Step by Step	Mr. Cooper	20/20		News	
(10)	MacNeil-Lehrer	Walters	Walters	Walters	High School Basketball		High School Basketball			
(11)	Sportsctr	College Basketball: Boston Celtics at Orlando Magic				College Basketball: Boston Celtics at Orlando Magic			Sportsctr	
(12)	American	News	News	Music City Tonight			Club Dance		News	
(13)	Ent Tonight	Edison	Movie: "The Untouchables"	Under Suspicion			Poker Face		News	
(14)	Pregame	NBA Basketball: Boston Celtics at Orlando Magic					College Basketball: Boston Celtics at Orlando Magic			
(15)	Movie: "The Untouchables"		Movie: "The Untouchables"				Movie: "The Untouchables"			
(17)	Movie: "The Untouchables"		Movie: "The Untouchables"				Movie: "The Untouchables"			
(18)	Movie: "The Untouchables"		Movie: "The Untouchables"				Movie: "The Untouchables"			
(20)	Design W	Design W	Unsolved Mysteries	Movie: "Compromising Positions"			Unsolved Mysteries			
(22)	Who's the Boss?	NBA Basketball: Philadelphia 76ers at Denver Nuggets					Movie: "Platoon Leader"			
(24)	Doug	Looney	Jeannie	Bewitched	I Love Lucy	M.T. Moore	Taxi	Taxi	Newhart	Van Dyke
(25)	Movie: "Arabian Nights"		Movie: "The Lawless Breed"				Movie: "Papa's Delicate Condition"			
(26)	Wings	Wings	Murder She Wrote	Movie: "Cop"			Wings	Wings		
(27)	Rockford Files		Biography	Atlantic Records Story			Law & Order			
(32)	Eat Daisies	Eddie's	Movie: "Ghostbusters"				News	Kojak		
(34)	Love Con	Jeffersons	For Stories	G.I. of Love			News	Night Court	Simon	
(39)	O.J. Simpson Trial Cont'd		Crossfire	Larry King Live			World News Showbiz	Sports	Trial	

SATURDAY EVENING FEBRUARY 25, 1995										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(3)	Cheers	NBA Basketball: Boston Celtics at Orlando Magic						News	Juvenile	Top Cops
(5)	Walters	Shade	Shade	Rescue 911			700 Club		Father Dowling Mysteries	
(6)	Murphy B	Roseanne	Unsolved Mysteries	Date Line			Home Life		News	
(8)	Fortune	Jeopardy!	Fair Mail	Big World	Step by Step	Mr. Cooper	20/20		News	
(10)	MacNeil-Lehrer	Walters	Walters	Walters	High School Basketball		High School Basketball			
(11)	Sportsctr	College Basketball: Boston Celtics at Orlando Magic				College Basketball: Boston Celtics at Orlando Magic			Sportsctr	
(12)	American	News	News	Music City Tonight			Club Dance		News	
(13)	Ent Tonight	Edison	Movie: "The Untouchables"	Under Suspicion			Poker Face		News	
(14)	Pregame	NBA Basketball: Boston Celtics at Orlando Magic					College Basketball: Boston Celtics at Orlando Magic			
(15)	Movie: "The Untouchables"		Movie: "The Untouchables"				Movie: "The Untouchables"			
(17)	Movie: "The Untouchables"		Movie: "The Untouchables"				Movie: "The Untouchables"			
(18)	Movie: "The Untouchables"		Movie: "The Untouchables"				Movie: "The Untouchables"			
(20)	Design W	Design W	Unsolved Mysteries	Movie: "Compromising Positions"			Unsolved Mysteries			
(22)	Who's the Boss?	NBA Basketball: Philadelphia 76ers at Denver Nuggets					Movie: "Platoon Leader"			
(24)	Doug	Looney	Jeannie	Bewitched	I Love Lucy	M.T. Moore	Taxi	Taxi	Newhart	Van Dyke
(25)	Movie: "Arabian Nights"		Movie: "The Lawless Breed"				Movie: "Papa's Delicate Condition"			
(26)	Wings	Wings	Murder She Wrote	Movie: "Cop"			Wings	Wings		
(27)	Rockford Files		Biography	Atlantic Records Story			Law & Order			
(32)	Eat Daisies	Eddie's	Movie: "Ghostbusters"				News	Kojak		
(34)	Love Con	Jeffersons	For Stories	G.I. of Love			News	Night Court	Simon	
(39)	O.J. Simpson Trial Cont'd		Crossfire	Larry King Live			World News Showbiz	Sports	Trial	

# CABLE CONVERSION CHART

2	C-SPAN	21	Lifetime
3	WSBK-TV 38, Boston	22	WTBS, Atlanta
4	Channel IV, Bethel	23	CNBC
5	The Family Channel	24	Nickelodeon
6	WCSH, NBC Portland	25	American Movie Classics (AMC)
7	Sunday River Ski TV	26	USA Network
8	WMTW, ABC, Auburn	27	Arts & Entertainment (A&E)
9	WPXT, FOX, Portland	30	Inspirational Network
10	WCBB, PBS, Lewiston	32	WWOR, New York
11	ESPN	33	CNN Headline News
12	The Nashville Network (TNN)	34	WGN, Chicago
13	WGME, CBS, Portland	35	Video Hits - 1 (VH-1)
14	Sports Channel New England (SCNE)	36	Country Music Television (CMT)
15	HBO*	37	Discovery Channel
16	The Learning Channel	38	MTV Music Television
17	The Disney Channel*	39	Cable News Network (CNN)
18	Cinemax*		
19	The Weather Channel		
20	NESN*		

\* Premium Channels

\* Premium Channels

SUNDAY EVENING FEBRUARY 26, 1995										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(3)	Cheers	Coach	Babylon 5		Kung Fu: The Legend		News	AskMr	H. Patrol	H. Patrol
(5)	Movie: "O Pioneers!"				Country Music Spotlight		In Touch		Ben Haden	Ankerberg
(6)	Earth 2		Sequest DSV		Movie: "Op Center"				News	Simpsons
(8)	Videos	Videos	Lois & Clark-Superman		Movie: "Dances With Wolves"				News	Married...
(10)	All Creatures		Nature		Masterpiece Theatre		Poldark		Trainer	
(11)	Sportsctr	Action Zone	NHL Hockey: Chicago Blackhawks at Dallas Stars						Sportscenter	
(12)	Racing	Racadey	Rodeo: Bullanza	Fishin'	Fishing	Bassmastr	Outdoors	Road Test	Truckin'	
(13)	60 Minutes		Murder, She Wrote		Movie: "Children of the Dust"				News	
(14)	College Basketball: Cincinnati at UAB			Horse R.	Thoroughbred	College Hockey: Colgate at Yale				
(15)	Malcolm X Cont'd		Movie: "Extreme Justice"		Movie: "Caroline at Midnight"				Real Sex 11	
(17)	Movie: "Polly"			Celine Dion: The Colour of My Love		Movie: "Much Ado About Nothing"				
(18)	Home Alone 2		Movie: "Sugar Hill"			Movie: "Demolition Man"				
(20)	College Hockey: Boston College at Providence			Hockey		College Basketball: Temple at George Washington				
(21)	"An Invasion of Privacy"		Movie: "Manhunt: Search for the Night Stalker"		Commish				Barbara Walters	
(22)	Movie: "The Burbs"				National Geographic Explorer				Earth	Paid Prog
(24)	Pete & Pete Roundhouse	Dream	Taxi	Taxi	Taxi	Taxi	Taxi	I Love Lucy	Lucy Show	
(25)	Homeward Bound		Movie: "Romanoff and Juliet"			Movie: "Alfie"				
(26)	Movie: "Are You Lonesome Tonight?"			Tekwar		Silk Stalkings			Silk Stalkings	
(27)	Ancient Mysteries		Movie: "Once Upon a Time in America"						Caroline's Comedy Hour	
(32)	Eat Daisies	Eddie's	Hazel	That Girl	Mod Squad		News	Black Exp	Kojak	
(34)	Hercules: Jmvs		Vanishing Son		Highlander: The Series		News		Night Court	Road
(39)	Pinnacle	Sport Sun	Primetime		CNN Presents		World News		Sports	Business

MONDAY EVENING FEBRUARY 27, 1995										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(3)	Cheers	Coach	Star Trek: Voyager	Platypus	Pig Sty		News	Juvenile	Top Cops	H. Patrol
(5)	Walters	Shade	Shade	Rescue 911			700 Club		Father Dowling Mysteries	
(6)	Murphy B	Roseanne	Fresh Pr	Blossom	Movie: "Op Center"				News	
(8)	Fortune	Jeopardy!	Coach	Baggame	Movie: "Dances With Wolves"				News	
(10)	MacNeil-Lehrer	Walters	Walters	Walters	High School Basketball		High School Basketball			
(11)	Sportsctr	College Basketball: Connecticut at Providence				College Basketball: Iowa State at Oklahoma State			Sportsctr	
(12)	American	News	News	Music City Tonight			Club Dance		News	
(13)	Ent Tonight	Edison	Movie: "The Untouchables"	Under Suspicion			Poker Face		News	
(14)	Pregame	NBA Basketball: Indiana Pacers at Boston Celtics					Court	Women's College Basketball		
(15)	Movie: "The Untouchables"		Movie: "The Untouchables"				Movie: "The Untouchables"			
(17)	Movie: "The Untouchables"		Movie: "The Untouchables"				Movie: "The Untouchables"			
(18)	Movie: "The Untouchables"		Movie: "The Untouchables"				Movie: "The Untouchables"			
(20)	Design W	Design W	Unsolved Mysteries	Movie: "Compromising Positions"			Unsolved Mysteries			
(22)	Who's the Boss?	NBA Basketball: Philadelphia 76ers at Denver Nuggets					Movie: "Platoon Leader"			
(24)	Doug	Looney	Jeannie	Bewitched	I Love Lucy	M.T. Moore	Taxi	Taxi	Newhart	Van Dyke
(25)	Movie: "Arabian Nights"		Movie: "The Lawless Breed"				Movie: "Papa's Delicate Condition"			
(26)	Wings	Wings	Murder She Wrote	Movie: "Cop"			Wings	Wings		
(27)	Rockford Files		Biography	Atlantic Records Story			Law & Order			
(32)	Eat Daisies	Eddie's	Movie: "Ghostbusters"				News	Kojak		
(34)	Love Con	Jeffersons	For Stories	G.I. of Love			News	Night Court	Simon	
(39)	O.J. Simpson Trial Cont'd		Crossfire	Larry King Live			World News Showbiz	Sports	Trial	

TUESDAY EVENING FEBRUARY 28, 1995										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(3)	Cheers	Coach	College Basketball: Boston College at Virginia		News	Juvenile	Top Cops	H. Patrol		
(5)	Walters	Shade	Shade	Rescue 911			700 Club		Father Dowling Mysteries	
(6)	Murphy B	Roseanne	Wings	Friends	Fraser	Larriquette	Date Line		News	
(8)	Fortune	Jeopardy	Full House	Boys	Home Imp	Grave	NYPD Blue		News	
(10)	MacNeil Lehrer		News		Frontline		Martha Graham	Served	Red Green	
(11)	Sportsctr	College Basketball: Wisconsin at Minnesota				College Basketball: Arkansas at Florida			Sportsctr	
(12)	American	News	Full Access		Music City Tonight		Club Dance		News	
(13)	Ent Tonight	Edison	Rescue 911		Movie: Children of the Dust			News		
(14)	Tonite	NHL Hockey: Hartford Whalers at Ottawa Senators					College Basketball			
(15)	Leap of Faith Cont'd	Movie: Citizen X					Movie: The Running Man			
(17)	Movie: The Rescuers		Strunk	Adv of West			Movie: Ghostbusters II			
(18)	Dennis the Menace	Movie: Rule No 3				Movie: What's Eating Gilbert Grape			Abou	
(20)	NBA Action	Jim O'Brien	College Swimming: Pac-10 Championships				ATP Tour	College Basketball: Houston at Texas		
(21)	Design W	Design W	Unsolved Mysteries		Movie: The Summer My Father Grew Up			Unsolved Mysteries		
(22)	Boss?	Boss?	Untild West		Summit 95		Movie: I Know Why the Caged Bird Sings			
(24)	Doug	Looney	Joanne	Bewitched	I Love Lucy	M.T. Moore	Taxi	Taxi	Newhart	Van Dyke
(25)	Movie: There's No Business Like Show Business				Movie: Don't Bother to Knock			Movie: River of No Return		
(26)	Wings	Wings	Murder: She Wrote		Boxing: Hector Camacho vs. Luis Maysonet			Duckman	Wings	
(27)	Rockford Files		Biography		Movie: Anna Lee: The Cook's Tale			Law & Order		
(32)	Eat Daisies	Eddie's	Hazel	That Girl	Mod Squad		News		Kojak	
(34)	Love Con	Jeffersons	Star Search		Black Sheep Squadron			News		
(36)	O.J. Simpson Trial Cont'd			Crossfire	Larry King Live		World News	Showbiz	Sports	Trial



11:00	11:30
H. Patrol	H. Patrol
New Haden	Ankerberg
Bens	Simpsons
News	Married...
Trainer	
Sportscenter	
Road Test	Truckin'
News	
Real Sex 11	
Ado About Nothing	
George Washington	
Barbara Walters	
Earth	Paid Prog
I Love Lucy	Lucy Show
Silk Stalkings	
Caroline's Comedy Hour	
Kojak	
Night Court	Road
Sports	Business

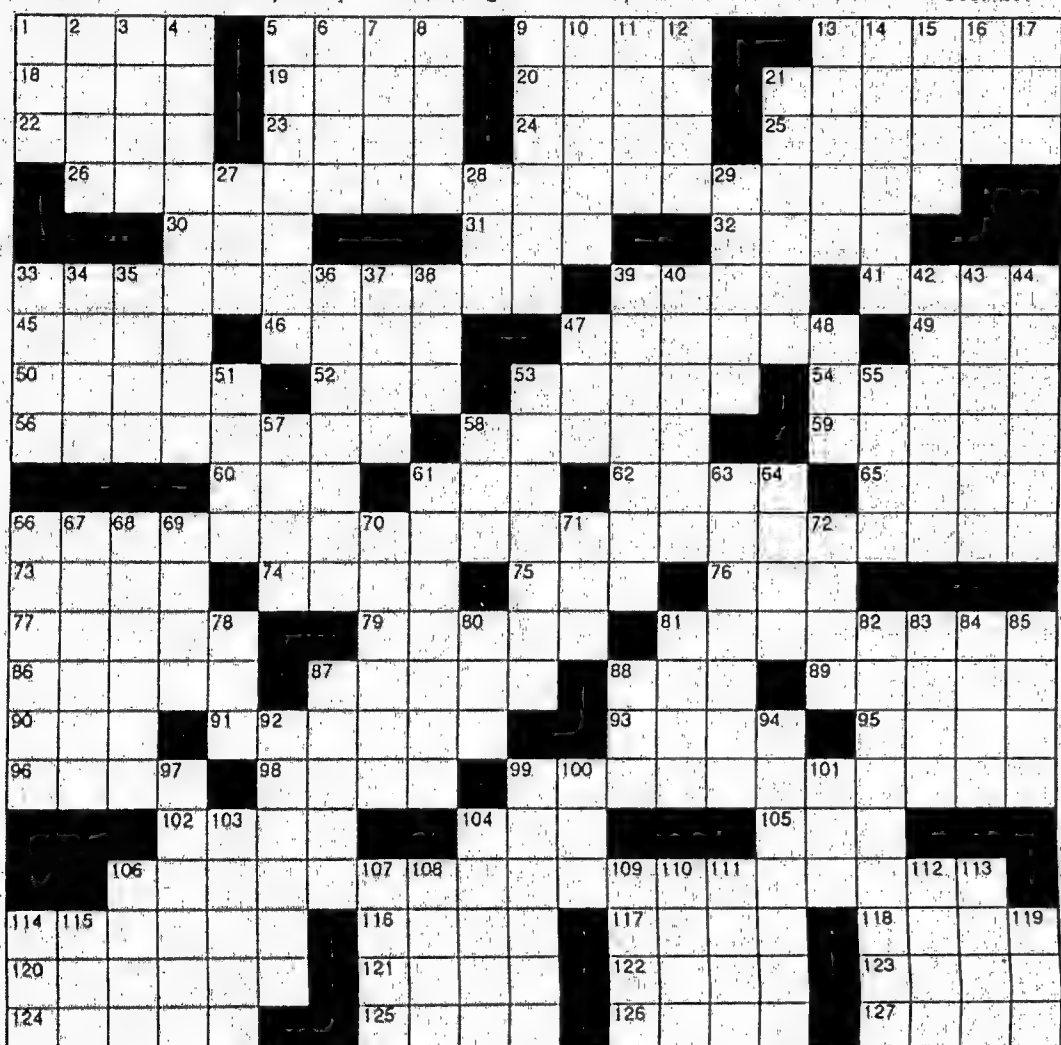
11:00	11:30
Top Cops	H. Patrol
Father Dowling Mysteries	
News	
Served	Red Green
Alabama State	Sportsctr
ce	News
News	
College Basketball	
Andy in America	On Dead y
Murderer	
A Kiss Goodnight	
Field Cagade Gms	
Unsolved Mysteries	
Perry Mason	Scoundrel
Newhart	Ivan Dyke
The Three Faces of Eve	
Duckman	Wings
Law & Order	
Kojak	
News	Simon
Sports	Trial

11:00	11:30
Top Cops	H. Patrol
Father Dowling Mysteries	
News	
Served	Red Green
da	Sportsctr
ce	News
News	
Basketball	
lan	
About	
Basketball Houston at Texas	
Unsolved Mysteries	
Caged Bird Sings	
Newhart	Ivan Dyke
iver of No Return	
Duckman	Wings
Law & Order	
Kojak	
Night Court	Simon
Sports	Trial

11:00	11:30
Top Cops	H. Patrol
Father Dowling Mysteries	
News	
Served	Red Green
Sportscenter	
ce	News
News	
ABC World Team Challenge	
Crypt Tales	Soft Deceit
Comedy	Annette
Newhart	Van Dyke
Duckman	Wings
Law & Order	
Kojak	
News	Simon
Sports	Trial

## Super Crossword

<b>ACROSS</b>	Gardner	91 Teamed	5 Uncompro-	2005	64 Be happy
1 Pugnistic	50 They're	93 Oklahoma	53 Volcanic state	42 Lay it on thick	85 Deserve a
5 Drive the	52 Tear apart	95 "Ripley's	6 Adriatic	44 "Waterproof	87 Bug-eating
getaway car,	53 Magnificent	Believe—	7 Actor Stoltz	Down" home	bird
for instance	number	Not?	8 Summer top	47 Classic start	88 Even so
9 Spill the	54 Underground	96 Car scar	9 Lowdown	48 Center of	92 Theater
beans	conduit	98 Provoked	hound	Houston?	passage-
13 Unearth	56 Wot around	99 Part 4 of	10 Government	51 The like	ways
18 Baseball	58 Bar seat	(mark)	game	53 Letter	94 Act like an
family name	59 Notorious	102 Vacation	11 "Lea!"	template	autocrat
19 "avie"	Belle	sensation	(71 film)	55 Nebraska,	97 Job security
20 Excellent	60 Boulder	104 Simile center	12 Homeric	in France	98 Tristari's love
21 Capitol	61 Sugary suffix	105 Mediocore	character	57 Unwelcome	100 "Casablanca"
gang?	62 Prepare the	grade	13 Furnishings	visit?	character
22 Bit of smoke	63 Prepare the	106 End of	14 Toughens up	58 Vane letters	101 Boston brew
23 Prepare to	65 Guy Friday	remark	15 Wing-ding	61 Called for a	103 Calculating
be it	66 Part 3 of	114 Lead astray	16 Tony winner	steak	teptile?
24 Manuscript	73 Lillehammer	117 Soprano's	Hagen	63 Cardinals'	104 Class of
Imperative	leap	showcase	17 Part of mph	nest?	chemicals
25 Vision-	74 Stained	118 Goo-	amenable	64 Cassandra	106 "Little Things
related	75 Baseball's	120 Flips over, in	27 Canadian	or Merlin	Mean—
26 Start of a	Ripken	a way	prov.	66 Antipathy	107 Word form
remark	76 Gajysburg	121 "Sweeney"	28 Prior to, to	67 Complete a	for "eight"
31 "Speedwagon	VIP	122 Citrus peel	prior	sligh	108 Former
To be, to	77 Massenet	123 Mythological	29 Mocha's	68 Kant subject	surgeon
Talleyrand	opera	meany	settling	69 Prettily a	general
33 Part 2 of	79 Nell Simon's	124 Insurance	33 Shape	70 Write a	109 Shake up
remark	neatnik	worker	34 Tony's cousin	crossword	110 Turnover
39 Apple or	81 House hold?	125 Statue site	35 Just so	clue, e.g.	111 Go for broke
quince	86 Gravel-voiced	126 Ms. Sommer	36 Without vigor	71 White House	112 Theater
41 Stage	87 Like the flu	127 Historic actor	37 "Metamor-	brass?	section
production	88 Second	Edmund	phoses"	72 Catches cod	113 — Taft
45 Woodwind	person	DOWN	author	78 Jord's	Benson
46 Hindu deity	89 Roman	1 Gossip	38 The	neighbor	114 — as Salaam
47 Ancient	statesman	2 Landed	Cumberland	80 Fictional colle	115 Author
creed	90 "Telephone	3 Utter non-	39 Decisive	81 Non-sterio	LeShan
band (initials)	Line" rock	sense	40 It's spotted at	82 Tourist's tool	119 Byron's
49 Actress		4 Comics figure		83 Palo —, Calif.	bedtime?



SEE ANSWERS - Back Page

## Snowshoe challenge issued

The First Western Maine Snowshoe Challenge will be held on Sunday, March 19, at 10 a.m. at the Sunday River Cross Country Ski Center in Newry.

The course has been structured to accommodate participants of all ages and abilities, with distances ranging from 1.5 to 3 kilometers and 10 km. This family oriented event will begin with a mass start, following a course over the groomed sections of the cross country ski trails, through woods and fields with a few fun obstacles added for interest.

The \$12 registration fee includes trail fees, refreshments, a grab bag of products from all participating sponsors as well as a commemorative mug for each of the first 75 registrants. Awards will be presented only to participants in the 10-K event in the following age categories: 19 years and under, 20-29 years, 30-39 years, 40-49 years, 50 years and over.

For those wishing to just join in the fun, a \$5 entry fee will be required to cover trail fees only, no awards or prizes. Pre-registration is encouraged. Registration March 19 will be held between 9 and 9:45 a.m. at the Cross Country Ski Center Lodge. Rentals can be obtained at most cross country ski centers and a few of the local ski shops.

The event is being sponsored in part by Bethel Family Dentistry and the Sunday River Cross Country Ski Center. All proceeds will go to help the Mahoosuc Arts Council bring artists and performances to the schools and communities in the SAD44 area. For more information call 207-875-2009.

## White Mountains lecture series offered in Berlin

The New Hampshire Technical College and Berlin Public Library will sponsor a series of lectures featuring the White Mountains, beginning on Wednesday, March 1, at 7:30 p.m., and continuing for three more biweekly sessions. The series is again being supported by a grant from the New Hampshire Humanities Council and will feature prominent guest speakers.

According to Katie Doherty, librarian at the college, "The first lecture will feature Allen Koop, professor from Dartmouth and author of 'Stark Decency,' the book about the Stark, N.H. Prison Camps, who will discuss the White

Mountain Hut system." Professor Koop has extensive background in the history of Northern New England and will provide a lively and informative program to begin the series.

On March 15, Ronald Jager, author and former philosophy professor at Yale University, will travel from Washington, New Hampshire to discuss "The Romance of the Family Farm." Mr. Jager has published two books discussing farm life: "Eighty Acres: Elegy for a Family Farm" and "Last House on the Road: Excursions into a Rural Past." Along with the March 15 presentation, Mr. Jager will deliver

the last in the series on April 19 when he will present a slide/lecture on "Myths and Tools: The case of the Double-bitted Axe."

In the third lecture of the series, Linda Harriman, who attended UCLA film school and who writes and produces films will present a lecture on the Nansen Ski Club and Ski Jump. This lecture will provide insight to one of the historic attractions in the Berlin area and help give credence to the movement to preserve this landmark.

For further information about any of the programs, please contact Katie Doherty at 603-752-1113 or Yvonne Thomas at 603-752-5210.

## Heritage Trust to host ski event

The Norway-Paris Heritage Trust (NPHT) has invited the public to explore the Cornwall Preserve, and land adjacent to it on Paris Hill, on cross country skis or snowshoes, on Saturday, Feb. 25, between 10 a.m. and 3 p.m.

Last year a devoted group of skiers braved frigid temperatures and skied these trails as part of the Four Seasons in Oxford Hills program. This year, to gain wider appeal, the NPHT has made arrangements with two of the landowners to have a "house to house" ski. These landowners will open their homes between 11 a.m. and 2 p.m. to provide trail-side warmth and snacks to skiers.

The Cornwall Preserve is a 100-acre parcel of land which the town of Paris accepted as a gift from Mrs. Alice Cornwall in 1983 on the condition that it be preserved in a "forever wild" state. It is maintained by the Conservation and Recreation Commissions of Paris. The property is open to the public for future study, hiking, cross-country skiing and the enjoyment of all. This land

is surrounded by another 200 acres, owned by individuals who are conservation minded members of the NPHT and have made an extensive interconnected trail system.

Some of the trails are packed by snowmobiles and others are left natural. The result is a trail network which winds through gentle rolling hills and along peaceful streams in a forest which has parts designated as forever wild as well as land being managed by its respective owners. In addition, there is no through snowmobile traffic in this convenient in-town location.

Information and directions about this Feb. 25 event are available from Russ Florenz at 743-9019 or by calling the NPHT office at 743-8094. Trail maps will be available on the day of the ski.

A fee of \$5 per person or \$10 per family will be charged to benefit the NPHT Stewardship Fund. This dedicated account is established to pay for the annual monitoring costs incurred by NPHT on the properties on which it holds conservation easements.

## JOY OF SKIING, SATURDAY

The Joy of Skiing, a progressive picnic on skis sponsored by the Maine Lung Association and Sunday River Inn and Cross Country Ski Center, will be held Saturday, Feb. 25 at the ski center.

The event begins at 10 a.m. and the public is welcome. Call 824-2410 for information.

## JAZZ ALL-STARS CONCERT

The Community Concert Association will present Ed Polcer and his Jazz All-stars on Tuesday, Feb. 28, at 7:30 p.m. in the Muskie Auditorium in Rumford.

Polcer leads the group on the cornet, along with instrumentalists on the clarinet, tenor saxophone, trombone, piano, base, and drums.

This is the fourth in the Community Concert series for this year. Tickets are not sold at the door but there will be available seats, and prospective 1995-96 members may find seating if they come early and report to Dot Bernard, secretary of the association.

The Bethel Citizen  
For complete local news coverage

# Community Calendar

## Activities

**Thursdays-Sale of vegetarian food** (proceeds benefit the Forestdale School) at Thurford Hall, Perkins Valley Road, Woodstock. For information call 674-2971.

**Attention Quilters:** Cross Country Quilters meetings first and third Tuesdays, 9 to 11 a.m. at the Bethel Library Meeting Room. Bring your own projects. Show and Tell -- a fun time. Contact Ginny Keniston at 824-2661 for information.

**Veterans Services:** A representative of the Maine Bureau of Veterans Services will be at the Norway Armory (743-7852) the first and third Wednesday each month from 9 to 12 a.m., and at the Rumford Employ. Sec. Bldg. (364-3718) the second and fourth Thursday of each month from 9 to 12 a.m. This service is available to help Maine veterans, their dependents and survivors to apply for both state and VA benefits. The Lewiston Office, 200 Main Street, is open Monday through Friday, 7:30 a.m. to 4 p.m., 795-4590.

**Abused Women's Advocacy Project** offers free and confidential support group for women weekly in Rumford and Norway. Free and professional child care available. Call 369-0750.

**Thru March 3--Kristin Hurlin's watercolors** will be exhibited at Gould Academy's Owen Art Gallery 8 a.m. to 3 p.m. weekdays and weekends by appointment. No charge. For information call 824-7700.

**Wednesday, Feb. 22, 7:30 p.m.--** Mahoosuc Arts and Sunday River Ski Resort will present "Big Nazo Puppet Studio" in the Grand Ballroom at the Summit Hotel, Sunday River Ski Resort. Tickets: children \$8, adults \$10. Tickets on sale at Prob's Pharmacy or by calling 824-3575 for reservations.

**Thursday, Feb. 23, 7 p.m.--** Skating Party (free) at White Cap Skating Rink, Sunday River Ski Resort. Fireworks at 8 p.m., skate rentals available, hot chocolate, door prizes. Sponsored by Newry Recreation Committee. All ages welcome.

**Friday, Feb. 24, 7 to 11 p.m.--** Youth Rally for Teens 13-18 at Telstar High School Gym (no admission; free will offering). Games, food, movie, door prizes. For information call 836-3006 or 836-2828.

**Saturday, Feb. 25--Greenwood Historical Society** dance at Locke Mills Town Hall with music by Richard Felt Orchestra.

**Windy Valley Sno-mobile Club's** annual Oyster Stew Supper for members and guests, 5 p.m., Newry Grange Hall.

**Joy of Skiing** at Sunday River Cross Country Ski Center in Newry from 10 a.m. to 3 p.m. Participants pay a trail fee and \$6 for adults and \$4 for children to join in a trail-side picnic to benefit the American Lung Association. For more info call 824-2410.

**Public Baked Bean Supper** (beans, hot dogs, cole slaw, casseroles, homemade biscuits, desserts) sponsored by Rock-O-Dundee Snowmobile Riders Club, East Oxford (next to Fish and Game Club), 4 to 7 p.m.

**Russ Haggitt Memorial Race** at Shawnee Peak, Bridgton, 11 a.m. to 3 p.m. with registration 9 a.m. to 2 p.m. on race day. Sponsored by Down East Ski Club to benefit two Lake Region High School seniors, \$5 per skier. Awards at 4 p.m. For information call 647-8444.

**"How to Choose and Grow Rhododendrons in Maine"**--a panel discussion sponsored by the Maine Chapter, American Rhododendron Society, 2 p.m. at East Boothbay Fire Station. From Rte One, Rte 27 south to stop light, left on Rte 96 to East Boothbay. Call 236-4629 or 633-6033.

**Saturday (6:30 p.m.) and Sunday (2 p.m.) Feb. 25-26--Walt Disney Pictures** presentation of "The Lion King" will be shown at Telstar Auditorium. Admission \$1 and \$2.

## Safer Families

Safer Families of Oxford County sponsors free and confidential domestic violence services and support groups for presently or formerly abused women. Meetings are held in Bethel at 6:30 p.m. on Thursdays, in Rumford on Tuesdays at 9 a.m., and in South Paris at 9:30 p.m. on Tuesdays. The Safer Families toll free 24-hour help and crisis hotline is 1-800-520-4220. Safer Families also provides legal advocacy, for example, help with protection orders. For more information call 824-4222 or 1-800-520-4220 (24-hours a day).

## Library Hours

**Andover Library:** Tuesday, Wednesday, Thursday and Saturday, 1-4:30 p.m.; Thursday, 6 to 8 p.m. Tel. 392-4841.

**Bethel Library:** Monday, 9 a.m.-1 p.m.; Tuesday, 1-5 p.m.; Wednesday, 1-5 p.m.; 6-8 p.m.; Thursday 1-5 p.m.; Friday, 4-8 p.m.; Saturday, 1-5 p.m. Story Hour for preschoolers, Thursday, 10-11 a.m. (September through May). Betsy Raymond, Librarian.

**Whitman Memorial Library, Bryant Pond:** Tel. 665-2505. Library hours: Tuesday and Thursday, 10 a.m. - 8 p.m. Saturday, 10 a.m. to 4 p.m. After school 2:30 to 3:30 p.m. Thursdays for story hour and activities.

**Hamlin Memorial Library, Paris Hill:** Tuesday-Friday, 11:30-5:30; Saturday, 10-2; Wednesday evening, 7-9 p.m. Tel. 743-2980.

**West Paris Library, West Paris:** Monday 3-5 p.m.; Wednesday, 1:30-7 p.m.; Friday, 1:30-5 p.m.

**Gardner Roberts Memorial Library, Hanover:** Wednesday, 10-12 through July and August, Story Hour, 10:30 a.m.

## Reach

Rape Ed. and Crisis Hotline 1-800-622-2365. Sexual abuse helpline, 743-9777. Past or present victims of abuse.

## Church Services

**Bethel**  
**West Parish Congregational--Rev. Brendon Bass and Rev. Jean Bass:** 10:30 a.m. church service and Sunday School. Nursery care provided. Prayer, Sunday at 6 p.m., Monday, 8 a.m.

**Church of the Nazarene--Rev. John Grant:** 9:30 a.m. Sunday school, 10:30 a.m. morning worship, 6 p.m. evening service.

**Our Lady of the Snows--Rev. Albert B. Colpitts, Mass--Saturday, 4:30 p.m.**

**Bethel Alliance Church--Rev. Nathan Seckinger:** 9 a.m. Sunday school, 10 a.m. worship service, 6 p.m. evening service.

**United Methodist--Rev. Henry S. Nickerson, Pastor:** 10:30 a.m. worship and Sunday School.

**West Bethel Union--Rev. John Williams:** 9:15 a.m. worship and church school.

**Pleasant Valley Bible--Pastor Clifford McMullen:** 9 a.m. Sunday school, 10 a.m. worship.

**Woodstock**  
**Bryant Pond Baptist--Rev. Linwood Hanson:** 9:15 a.m. Sunday school, 10:30 a.m. worship service, 6 p.m. evening service.

**Woodstock Seventh-day Adventist--Pastor Michael Cabana:** Saturday, 9:20 a.m. Sabbath school, 11 a.m. worship service.

**Andover**  
**First Congregational Church--Pastor Jane Rich:** 9:45 a.m. Sunday school, 10 a.m. worship service.

**Calvary Congregational Church--Rev. Duane Waite:** 9:30 a.m. Sunday school, 10:45 a.m. worship service.

**Locke Mills**  
**Locke Mills Union--Rev. Deborah M. Jenks:** 9 a.m. worship and Sunday school.

**East Stoneham**  
**East Stoneham Congregational--Rev. Janice Wilcox:** 10 a.m. worship in February, April, June, August, October and December, 9 a.m. church school (Oct.-June).

**Newry**  
**Newry Community Church--Rodney H. Hanscom:** services will resume in the spring.

**Albany**  
**Congregational Church--Hunt's Corner:** 10:45 a.m. Sunday summer worship, June through September. Rev. Kenneth Corstens, Pastor.

## Monthly Meetings

**First Wednesday:** Purity Chapter 102, OES, 6:30 supper, 7:30 meeting.

**Greenwood Historical Society** meets at the Society Building, Main St., Locke Mills, 7:30 p.m.

**Gilead selectmen** meet at the Town Office, 7 p.m.

**First and Third Wednesday:** Newry Planning Board, Town Office, 7 p.m.

**Second and Fourth Wednesday:** Bethel Planning Board meets at the Town Office, 7 p.m.

**Every Thursday:** West Paris Board of Selectmen meet at the Town office, 6:30 p.m.

**First Thursday:** United Methodist Women meet at the Bethel Methodist Church at 1 p.m.

**Upion Board of Selectmen** meets, 6 p.m.

**Bethel Historical Society, Dr. Moses Mason House:** 7:30 p.m.

**Second Thursday:** Board of Directors of Bethel Area Chamber of Commerce meets at the Bethel Area Health Center, 7:30 a.m.

**Newry Fire Auxiliary** meets at the Town Office, 7 p.m.

**Bethel Lodge No 97, AF & AM:** CPS/PTA meets from 6:30 - 8:00 p.m. Babysitting provided.

**The Bethel VFW Memorial Post 11363** meets at the Lions Hall on Main Street at 7 p.m.

**First and Third Thursday:** Jackson-Silver Post, Locke Mills, 7 p.m.

**Every Friday:** Game Party at Jackson-Silver Post No. 68, Gore Road, Locke Mills, 6 p.m.

**First Friday:** The Oxford County Mineral and Gem Association meets at 7 p.m. at the Newry home of Norman and Eleanor Davis, 824-2844.

**Third Friday:** Mt. Abram Lodge, IOOF, 7:30 p.m.

**Every Sunday:** Western Mountains Meditation Group, Center for Natural Healing, 47 Pioneer Street, West Paris, 9:30 a.m. 674-3961.

**Third Sunday:** Episcopal House Church at Bohrs' on 38 Chapman Street, Bethel, 4 p.m., 824-2913.

**First Monday:** Newry Community Ladies' Circle, 12:30 p.m.

**Second and fourth Monday:** SAD44 Board of Directors meets in Bethel, Woodstock or Andover at 7:30 p.m. Call 824-2185 for meeting place.

The Gilead Fire Department meets at the Fire Station at 7 p.m.

**Second Monday:** Newry Mother's Club meets, 7:30 p.m.

**First and Third Monday:** Bethel Board of Selectmen meets at the Town Office, 7 p.m.

**First Tuesday:** Three Rivers Sportsmans Club, Hanover 1 of P Hall, 6:30 p.m. potluck supper followed by a meeting.

**Second Tuesday:** Mundt-Allen Post, American Legion, meeting at 7:30 p.m. Supper starts at 6:30 p.m.

**LaLeche League,** nursing mothers, meet at 10 a.m. at area members homes Call 836-3567 for more information.

**Every Tuesday:** Bethel Rotary Club meets at The Bethel Inn, 7:30 a.m.

**Greenwood Board of Selectmen** meets at the Town Office 7 p.m.

**Andover Board of Selectmen** meets at the Town office, 6 p.m.

**Newry Board of Selectmen** meets at the Town Office, 9 a.m.

**First and Third Tuesday:** Woodstock Board of Selectmen meets at the Town Office, 5 p.m.

**The Greater Rumford Alliance** for the Mentally Ill-Children and Adolescent Network (GRAMI-CAN) Support, education and advocacy. Meets in the Former St. John's rectory from 6:30-8:00 p.m. in Rumford. Contact Diane at 369-0542.

**Cross-Country Quilters** meet at the Bethel Library from 9:30 to 11:30 a.m.

**The Bethel Lions Club** meets at the Lions Den on Main Street at 7 p.m.

**Second and Fourth Tuesday:** Woodstock Planning Board meets at 7 p.m.

**Third Tuesday:** Pine Tree Legal Assistance at Bethel Area Health Center, starting at 10 a.m.

**Bethel Lions Club** meets at the Bethel Lions Den, Main St., Social hour--6:30-7 p.m. Dinner at 7 p.m. followed by meeting.

**Telstar High School Project Graduation Committee** meeting, 6 to 8 p.m., room 106 at Telstar.

Items for the Community Calendar may be brought to The Bethel Citizen office or mailed in or phoned in at 824-2444.



# Classifieds ~ Call 824-2444

## Help Wanted

**DRIVER - FIND RESPECT ON THE ROAD WITH BURLINGTON!** OTR/Shorthaul. Home weekly (shorthaul), starting pay up to \$33/mile plus bonuses, assigned trucks, great benefits. Burlington Motor Carriers: 1-800-JOIN-BMC. ROE. SNE HAROLD IVES TRUCKING hiring drivers, New Year... New Career, Free Driver Training. Students welcome. Experience pay up to \$28 per mile. Excellent benefits. 1-800-842-0853. RNE

**SECRETARIAL POSITION OPENING SOON.** Small Bethel Law Office seeking

full-time secretary. Looking for candidates with computer literacy, excellent typing skills with good grammar and spelling. Positive people skills and good organizational skills a must. Please send resume with cover letter to PO Box 511, Bethel, ME 04217-0511. 7-8

**DISHWASHERS** needed, flexible schedule, mostly evenings, reliable transportation a must. Apply in person to Mother's, Upper Main Street, Bethel. 7-8

**DININGROOM/MANAGER.** The Osprey Restaurant. Six month summer. Four star waterfront, 70 seat, established clientele. 7 miles from Bath, Maine. Outstanding opp. for individual w/proven talent and experience. Call Mrs. Leonard (207) 371-2525 Monday-Thursday 9-4:30. 8

**\$5.25 PER-HOUR FOR PERSONAL CARE** and housework. All day Monday and Tuesday, three or four days in the forenoon. If interested in any or all call 836-3095. Non-smoker preferred. 8-9

ence. Call Mrs. Leonard (207) 371-2525. Monday-Thursday 9-4:30. 8

**CHIEF/MANAGER.** The Osprey Restaurant. Six month summer. Four star, waterfront, 70 seat, established clientele. 7 miles from Bath, Maine. Outstanding opp. for individual w/proven talent and experience. Call Mrs. Leonard (207) 371-2525 Monday-Thursday 9-4:30. 8

**CNA/PERSONAL CARE** Attendant needed to care for elderly woman in our home. Occasional evening hours and weekend day hours needed. Call 665-2135 after 4 p.m. References required. 8p

**POSTAL POSITIONS** \$12.26 an hr + Benefits. Carriers, Clerks, Sorters, & Maint. Jobs. For exam info & Application call (708) 264-1600 Ext. 5840 Also Open Evenings. 8p

**POSTAL JOBS** \$12.26/hr to start, plus benefits. Carriers, sorters, clerks, maintenance. For application & exam information call 1-219-791-1191 ext 07, 9 AM to 9 PM - 7 days. 8-10

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## COACHING POSITIONS

S.A.D. #44 is accepting applications for the following spring coaching positions:

Telstar High School Head Softball Coach  
Telstar High School Assistant Softball Coach  
Telstar High School Assistant Track Coach  
Telstar Middle School Head Track Coach  
Telstar Middle School Assistant Track Coach  
Interested applicants should contact:  
Mr. Carroll Higgins, Telstar Athletic Director  
Telstar High School • Route 26, Bethel, ME  
(207) 824-2136  
EOE

## Mental Health Positions

Oxford County Crisis Response

Full Time: Crisis outreach counselor (1) Part Time: Weekends & holidays (2)  
Minimum qualifications: Associates degree in a closely related field plus at least three (3) years direct service delivery, or an MHRT-II certificate plus at least four (4) years of direct service delivery. Applicant must possess & demonstrate understanding, knowledge of mental illness, as well as crisis intervention techniques. Salary range to be discussed, excellent benefit package available.

Send Resume by March 1, 1995 to:

Chuck Chapin- Crisis Program Director • GRAM- PO Box 355- Rumford, Maine 04276

Western Maine Community Action's Family Services Division has an opening for a counselor/receptionist in Norway/Rumford Tri-County Health Services clinics.

**QUALIFICATIONS:** BA/BS in health or social services or equivalent experience. Good verbal skills. Interest essential in a productive health care.

### JOB RESPONSIBILITIES:

Receptionist duties include the following: answering phone, making appointments, collecting fees, and filing. Counselor duties include the following: direct client contact to give reproductive health services and prenatal counseling; provide information on methods, sexually transmitted infections, preventative health measures, basic lab tests, and medical procedures.

### SALARY: WORKING HOURS:

Negotiable - 22.5 hours/week. More hours may be available for vacation fill-in.  
**DEADLINE:** March 1, 1995

SEND RESUME & COVER LETTER TO:  
Frank Ziller • Tri-County Health Services  
67 Neal Street, Norway, ME 04428

AA/EEO Employer

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## at Bethel Auto Sales:

Tax, title, doc. fees are INCLUDED in all payments. All 1988-1993 vehicles are financed with 15% down with approved credit.

**FEATURE** \$8,800 Sale Price  
1990 Chevrolet Caprice Classic 305 CID V-8, auto, w/d, a/c, cruise control, power windows, split bench power seats, stereo cassette, wire wheel covers, two tone paint. This one owner, 53,000 mile car is in showroom condition. WHY BUY NEW?

1993 Ford Taurus GL Loaded, ABS, dual airbags...\$8,950  
1993 Ford Tempo GL 4 cyl, 5 spd, A/C...\$6,800  
1992 Ford Tempo GL V-6 auto A/C, 48K...\$6,200  
1991 Ford Escort LX 4 cyl, 5 spd, 4 door, 38K...\$5,050  
1991 Ford Escort LX Wagon 4 cyl, auto, A/C, am/fm/cass...\$5,700  
1990 Nissan Sentra XE 2 door 4 cyl, 5 spd, A/C...\$3,600  
1990 Dodge Shadow 2 door, 4 cyl, auto A/C sunroof, stereo \$4,000  
1990 Mercury Cougar GS V-6 fully loaded...\$3,600  
1989 Subaru Justy GL 4 cyl, auto, 78K...\$2,500  
1989 Jeep Comanche 4x4 pickup 4 cyl, 4 spd...\$4,100  
1989 Chevrolet S-10 pickup 4 cyl, 5 spd, 67K...\$4,350  
1989 Chevrolet Cavalier Z-24 V-6, fully loaded, 68K...\$5,750  
1989 Chevrolet Cavalier Z-24 V-6, 5spd, loaded, red/silver...\$5,200  
1989 Ford Taurus GL Wagon loaded...\$4,650  
1989 GEO Prizm 4 door 4 cyl, auto, A/C 58 K (Toyota)...\$5,150

## NEW ARRIVALS

1990 Jeep Cherokee 4 door, 4.0 litre, 6 cyl, auto, 68,000 miles...\$5,800  
1988 Chevrolet K-1500 4x4, sportside, V-6, 4 spd, 54K...\$8,350  
1988 Buick Wildcat, 4 door, loaded 76K...\$3,800  
1988 GMC S-15 Jimmy V-6, auto, 4x4, two-tone...\$5,850  
1988 Dodge Ramcharger 150LE loaded, 4x4...\$6,000  
1988 Chevrolet Cavalier RS loaded, auto...\$3,800  
1988 VW Jetta GL 4 door, A/C \$3,750  
1987 Dodge Daytona Shelby Z loaded, turbo from California...\$3,450  
1987 GMC S-15 pickup, 4 cyl, 5 spd, \$1,900  
1987 Nissan Kingcab 4x4, V-6, auto, \$5AVE

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**President's Day Bargains**

1993 DODGE SHADOW 4 DR 4 cyl, auto, air cond, p windows, p locks, cloth int. only 44,000 miles \$148.00 mo Sale price \$1480. Payments \$148 down cash or trade for 48 mos.	1993 GEO TRACKER CONV. 4X4 4 cyl, auto, air cond, p windows, p locks, cloth int. only 44,000 miles \$195.99 mo Sale price \$1959. Payments \$196 down cash or trade for 48 mos.	1993 DODGE INTREPID ES 4 DR 4 cyl, auto, air cond, p windows, p locks, cloth int. only 44,000 miles \$316.30 mo Sale price \$3163. Payments \$316 down cash or trade for 60 mos.	1993 CHEVY CAVALIER RS 4 DR 4 cyl, auto, air cond, p windows, p locks, cloth int. only 44,000 miles \$177.00 mo Sale price \$1770. Payments \$177 down cash or trade for 48 mos.	1992 CHEVY LUMINA 4 DR 4 cyl, auto, air cond, p windows, p locks, cloth int. only 44,000 miles \$166.70 mo Sale price \$1667. Payments \$167 down cash or trade for 48 mos.
1991 MERCURY TRACER WGN 4 cyl, auto, air cond, p windows, p locks, cloth int. only 42,000 miles \$136.75 mo Sale price \$1367. Payments \$137 down cash or trade for 48 mos.	1991 CHEVY CORSICA 4 DR 4 cyl, auto, air cond, p windows, p locks, cloth int. only 42,000 miles \$133.38 mo Sale price \$1333. Payments \$133 down cash or trade for 48 mos.	1991 FORD TEMPO GL 4 DR 4 cyl, auto, air cond, p windows, p locks, cloth int. only 42,000 miles \$125.88 mo Sale price \$1258. Payments \$126 down cash or trade for 48 mos.	1991 PONTIAC GRAND AM LE 4 DR 4 cyl, auto, air cond, p windows, p locks, cloth int. only 42,000 miles \$155.12 mo Sale price \$1551. Payments \$155 down cash or trade for 48 mos.	1991 CHEVY CAVALIER RS 2 DR 4 cyl, auto, air cond, p windows, p locks, cloth int. only 42,000 miles \$148.00 mo Sale price \$1480. Payments \$148 down cash or trade for 48 mos.
1990 DODGE GRAND CARAVAN SE 4 cyl, auto, air cond, p windows, p locks, cloth int. only 42,000 miles \$171.13 mo Sale price \$1711. Payments \$171 down cash or trade for 48 mos.	1990 PONTIAC GRAND AM LE 4 DR 4 cyl, auto, air cond, p windows, p locks, cloth int. only 42,000 miles \$133.03 mo Sale price \$1330. Payments \$133 down cash or trade for 48 mos.	1989 DODGE DAYTONA 2 DR 4 cyl, auto, air cond, p windows, p locks, cloth int. only 44,000 miles \$120.99 mo Sale price \$1209. Payments \$121 down cash or trade for 48 mos.	1989 CHEVY CAPRICE WGN 4 cyl, auto, air cond, p windows, p locks, cloth int. only 44,000 miles \$181.00 mo Sale price \$1810. Payments \$181 down cash or trade for 48 mos.	1989 GEO SPECTRUM 2 DR 4 cyl, auto, air cond, p windows, p locks, cloth int. only 44,000 miles \$98.00 mo Sale price \$980. Payments \$98 down cash or trade for 48 mos.
1989 CHEVY G20 CONVERSION VAN 4 cyl, auto, air cond, p windows, p locks, cloth int. only 44,000 miles \$174.75 mo Sale price \$1747. Payments \$175 down cash or trade for 48 mos.	1989 GMC 1500 4X4 W/PLOW 4 cyl, auto, air cond, p windows, p locks, cloth int. only 44,000 miles \$306.02 mo Sale price \$3060. Payments \$306 down cash or trade for 48 mos.	1989 FORD TEMPO 4 DR 4 cyl, auto, air cond, p windows, p locks, cloth int. only 44,000 miles \$121.88 mo Sale price \$1218. Payments \$122 down cash or trade for 48 mos.	1989 PONTIAC GRAND AM LE 2 DR 4 cyl, auto, air cond, p windows, p locks, cloth int. only 44,000 miles \$130.47 mo Sale price \$1304. Payments \$130 down cash or trade for 48 mos.	1988 JEEP CHEROKEE LTD 4X4 4 DR 4 cyl, auto, air cond, p windows, p locks, cloth int. only 44,000 miles \$196.00 mo Sale price \$1960. Payments \$196 down cash or trade for 48 mos.
1988 CHEVY CORSICA 4 DR 4 cyl, auto, air cond, p windows, p locks, cloth int. only 44,000 miles \$111.28 mo Sale price \$1112. Payments \$111 down cash or trade for 48 mos.	1988 TOYOTA 4X4 PICKUP 4 cyl, auto, air cond, p windows, p locks, cloth int. only 44,000 miles \$164.35 mo Sale price \$1643. Payments \$164 down cash or trade for 48 mos.	1988 CHEVY BERETTA 2 DR 4 cyl, auto, air cond, p windows, p locks, cloth int. only 44,000 miles \$118.43 mo Sale price \$1184. Payments \$118 down cash or trade for 48 mos.	1988 CHEVY S-10 EX-CAB 4X4 4 cyl, auto, air cond, p windows, p locks, cloth int. only 44,000 miles \$171.38 mo Sale price \$1713. Payments \$171 down cash or trade for 48 mos.	1988 CHEVY CAVALIER 4 DR 4 cyl, auto, air cond, p windows, p locks, cloth int. only 44,000 miles \$91.99 mo Sale price \$919. Payments \$92 down cash or trade for 48 mos.
1988 HONDA CIVIC 4 DR 4 cyl, 5 spd, am/fm/cass, cloth int. blue \$116.08 mo Sale price \$1160. Payments \$116 down cash or trade for 24 mos.	1988 NISSAN PKUP 4 cyl, 4 spd, am/fm/cass, gray \$106.88 mo Sale price \$1068. Payments \$107 down cash or trade for 24 mos.	1987 DODGE 600 SE 4 DR 4 cyl, turbo, auto, air cond, p windows, p locks, p mirrors, 48,000 miles, maroon \$123.33 mo Sale price \$1233. Payments \$123 down cash or trade for 24 mos.	1987 FORD BRONCO LT 4X4 4 cyl, 5 spd, am/fm/cass, cloth int. white, deployed tie bars \$154.36 mo Sale price \$1543. Payments \$154 down cash or trade for 18 mos.	1987 RENAULT GTA CONV. 4 cyl, 5 spd, am/fm/cass, cloth int. black \$94.12 mo Sale price \$941. Payments \$94 down cash or trade for 24 mos.
1987 CHEVY S-10 PICKUP 6 cyl, auto, air cond, am/fm, cloth int. tan \$110.08 mo Sale price \$1100. Payments \$110 down cash or trade for 24 mos.	1987 FORD TAURUS 4 DR 4 cyl, auto, air cond, p windows, p locks, cloth int. only 74,000 miles, silver \$101.54 mo Sale price \$1015. Payments \$102 down cash or trade for 30 mos.	1987 RENAULT GTA 2 DR 4 cyl, 5 spd, cruise control, am/fm, wheels, cloth int. only 67,000 miles, black, sporty \$92.93 mo Sale price \$929. Payments \$93 down cash or trade for 24 mos.	1986 CHEVY C10 PICKUP 8 cyl, auto, am/fm, bed liner only 58,000 miles, navel red \$138.37 mo Sale price \$1383. Payments \$138 down cash or trade for 36 mos.	1986 BUICK CENTURY WGN 6 cyl, auto, 48,000 miles, am/fm/cass, cloth int. maroon \$113.45 mo Sale price \$1134. Payments \$113 down cash or trade for 18 mos.
1986 FORD ESCORT WGN 4 cyl, 4 spd, am/fm, styled wheels, cloth int. only 69,000 miles, blue \$88.25 mo Sale price \$882. Payments \$88 down cash or trade for 18 mos.	1986 FORD F350 UTILITY BOX 8 cyl, 4 spd, air cond, ill, cruise, am/fm, running boards, H.I. Morrison Utility, red \$197.01 mo Sale price \$1970. Payments \$197 down cash or trade for 18 mos.	1986 PONTIAC 6000 S/E 4 DR 6 cyl, auto, air cond, p windows, p locks, p seat, ill, cruise, am/fm/cass, alum. wheels, cloth int. white \$128.65 mo Sale price \$1286. Payments \$129 down cash or trade for 18 mos.	1986 CHEVY S-10 BLAZER 4X4 6 cyl, 5 spd, am/fm/cass, styled wheels, white/blue \$132.44 mo Sale price \$1324. Payments \$132 down cash or trade for 24 mos.	1986 ISUZU PICK-UP 4 cyl, 4 speed, am/fm stereo, only 44,000 miles, brown \$113.23 mo Sale price \$1132. Payments \$113 down cash or trade for 24 mos.
1985 FORD F150 PKUP 5 cyl, 4 spd, am/fm, two tone, running boards, rear sliding window, alum. cap, only 75,000 miles, short box, blue/silver \$147.29 mo Sale price \$1472. Payments \$147 down cash or trade for 18 mos.	1985 CHEVY S-10 BLAZER 4X4 6 cyl, 4 spd, air cond, p windows, p locks, ill, cruise, am/fm, cloth int, two tone, sport clean, brown/gold \$153.51 mo Sale price \$1535. Payments \$154 down cash or trade for 18 mos.	1985 FORD F-150 PICK UP 6 cyl, 4 speed, am/fm, styled wheels, only 74,000 miles, red \$150.10 mo Sale price \$1501. Payments \$150 down cash or trade for 18 mos.	1984 CHEVY G20 CONVERSION VAN 8 cyl, auto, air cond, p windows, p locks, ill, cruise, am/fm/cass, sun roof, styled wheels, cloth int, 7 pass, two tone, deep tinted glass, running boards, Staircraft conversion, brown/van \$4595	1978 CHEVY 1 TON AMBULANCE 8 cyl, auto, air cond, dual rear wheels, Silverado, only 38,000 miles, fully equipped with radios, lights, siren, white/orange. Just need medical supplies. \$4495

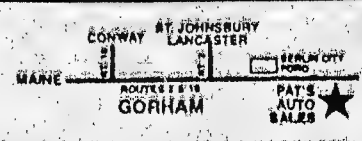
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1988 Ford Taurus, 4 Dr., Black...\$1995	1984 Dodge D150 P/U, V-8, Auto...\$1995	1983 Nissan Sentra Wgn, Silver...\$695
1988 Dodge Shadow, 2 Dr., Red...\$1995	1984 Ford Tempo, 2 Dr., Silver...\$595	1982 Plymouth Sapporo, 2 Dr...\$795
1987 Ford Bronco 4x4, Full Size, Blue/White...\$2695	1984 Pontiac Bonneville, 4 Dr., White...\$595	1981 Chevy 1/2 Ton, P/U, 69,000 Miles, Brown...\$2995
1987 Dodge Shadow, 2 Dr., Black...\$1995	1984 Buick Century, 4 Dr., Tan...\$795	1979 Dodge Ram Charger 4x4, Brown...\$2895
1985 Chevy S-10, V-6, Auto, Red...\$995	1984 Chevy Caprice Wgn, 8 Pass, Blue...\$1295	
1985 Ply. Caravelle, 4 Dr., Blue, low Mi...\$1595	1983 GMC S-15 Jimmy 4x4, Blue/Silver...\$2995	

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**986 BUICK CENTURY WGN**

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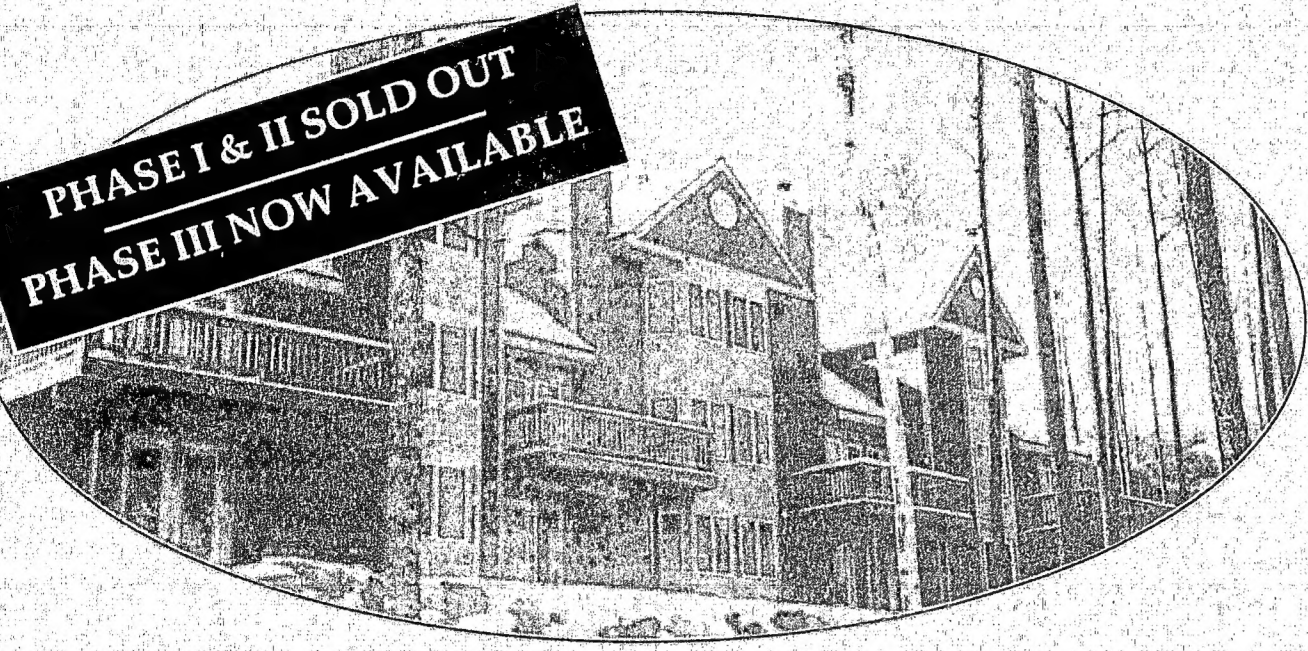
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<b>1994 CHRYSLER LEBARON LANDAU</b> 4-door, 4-cyl, 1600 cc, 4-speed auto, air, cruise, power windows, locks, mirrors, ABS, 160,000 miles. A Real Value At <b>'12,995</b>	<b>1993 DODGE INTREPID</b> 4-door, 4-cyl, 1600 cc, 4-speed auto, air, cruise, power windows, locks, mirrors, ABS, 160,000 miles. A Real Value At <b>'13,995</b>	<b>1992 DODGE DYNASTY</b> 4-door, 4-cyl, 1600 cc, 4-speed auto, air, cruise, power windows, locks, mirrors, ABS, 160,000 miles. A Real Value At <b>'7,995</b>
<b>1987 FORD F-150 4X4</b> 4-door, 4-cyl, 1600 cc, 4-speed auto, air, cruise, power windows, locks, mirrors, ABS, 160,000 miles. A Real Value At <b>'8,495</b>	<b>1991 DODGE GRAND CARAVAN ALL WHEEL DRIVE</b> 4-door, 4-cyl, 1600 cc, 4-speed auto, air, cruise, power windows, locks, mirrors, ABS, 160,000 miles. A Real Value At <b>'13,995</b>	<b>1994 DODGE SPIRITS</b> 4-door, 4-cyl, 1600 cc, 4-speed auto, air, cruise, power windows, locks, mirrors, ABS, 160,000 miles. A Real Value At <b>'9,995</b>
<b>1994 CHRYSLER NEW YORKER</b> 4-door, 4-cyl, 1600 cc, 4-speed auto, air, cruise, power windows, locks, mirrors, ABS, 160,000 miles. A Real Value At <b>'17,995</b>	<b>1991 PONTIAC SUNBIRD</b> 4-door, 4-cyl, 1600 cc, 4-speed auto, air, cruise, power windows, locks, mirrors, ABS, 160,000 miles. A Real Value At <b>'6,495</b>	<b>1994 CHRYSLER LEBARON LANDAU</b> 4-door, 4-cyl, 1600 cc, 4-speed auto, air, cruise, power windows, locks, mirrors, ABS, 160,000 miles. A Real Value At <b>'13,995</b>
<b>1994 DODGE SHADOWS</b> 4-door, 4-cyl, 1600 cc, 4-speed auto, air, cruise, power windows, locks, mirrors, ABS, 160,000 miles. A Real Value At <b>'9,995</b>	<b>1993 JEEP GRAND CHEROKEE</b> 4-door, 4-cyl, 1600 cc, 4-speed auto, air, cruise, power windows, locks, mirrors, ABS, 160,000 miles. A Real Value At <b>'19,995</b>	<b>1994 MAZDA B3000 SE</b> 4-door, 4-cyl, 1600 cc, 4-speed auto, air, cruise, power windows, locks, mirrors, ABS, 160,000 miles. A Real Value At <b>'11,995</b>
<b>1991 PLYMOUTH VISTA ALL WHEEL DRIVE</b> 4-door, 4-cyl, 1600 cc, 4-speed auto, air, cruise, power windows, locks, mirrors, ABS, 160,000 miles. A Real Value At <b>'8,995</b>	<b>1994 S10 BLAZER TAHOE LT</b> 4-door, 4-cyl, 1600 cc, 4-speed auto, air, cruise, power windows, locks, mirrors, ABS, 160,000 miles. A Real Value At <b>'23,995</b>	<b>1992 PLYMOUTH VOYAGER</b> 4-door, 4-cyl, 1600 cc, 4-speed auto, air, cruise, power windows, locks, mirrors, ABS, 160,000 miles. A Real Value At <b>'10,995</b>
<b>1991 DODGE DAYTONA</b> 4-door, 4-cyl, 1600 cc, 4-speed auto, air, cruise, power windows, locks, mirrors, ABS, 160,000 miles. A Real Value At <b>'7,995</b>	<b>1989 DODGE OMNI</b> 4-door, 4-cyl, 1600 cc, 4-speed auto, air, cruise, power windows, locks, mirrors, ABS, 160,000 miles. A Real Value At <b>'3,995</b>	<b>1993 HONDA ACCORD EX</b> 4-door, 4-cyl, 1600 cc, 4-speed auto, air, cruise, power windows, locks, mirrors, ABS, 160,000 miles. A Real Value At <b>'14,995</b>

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BAGGED SHAVINGS FOR SALE P.H. Chaboume & Co., Rt. 26, Bethel, has bagged (3 cu. ft.) shavings for sale, \$3.00/bag. Cash & carry on a first come basis.

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\$18.00. Call today. FREE new color catalog 1-800-462-9197.

**WATERBED PRODUCTS DISCOUNTED!** Heaters \$19.99. Waveless Mattresses \$44.95. Queen Solid Beds from \$299. UPS/FEDEX delivery. Enormous selection at wholesale prices. FREE Color Catalog. 1-800-992-0873.

**HAY FOR SALE** Large 800-1000 lb. bales of hay \$25 each. Small bales \$20.00 each. Franklin Barton, Albany - 824-2834. 5-8p

**7 1/2' MYER SNOW PLOW** fits full size Chevy. \$400. 836-3575. 7-8

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**HOUSE LOTS & LAND**

**Summit Hill, Woodstock**  
1+/- acre lots, fabulous lake and mountain views. Owner Financing available. Broker owned. \$15,900+ Lots 7, 13, 17 Under Contract

**"Oak Tree Estates"**  
Rowe Hill Road, Greenwood subdivision offers 1+/- acre lots. Views, privacy, conveniences. From \$7,900.

**Bird Hill, Greenwood**  
Conveniently located 6+/- acre building lot. \$21,900

**South Pond Shores**  
5+/- acre lots, privacy, views, deeded pond access. Owner Financing. \$17,900+

**Off Route 26 - Woodstock**  
1+/- acre building lot. \$11,900

**Ridge Road, Norway**  
1.5+/- acre house lot on paved, town maintained Rd. offers privacy & convenient location. \$14,900

**East Bethel**  
Johnson Park III Subdivision. 1+/- acre house lots in quiet, convenient location. Conveniences, owner financing. \$7,900+

**CONDOS**

**Lake Christopher: 2 bdrm.** unit boasts spectacular lake and mountain views. Year round enjoyment at a reasonable price of \$74,000

**Mt. Abram:** Furnished or unfurnished this 1 bdrm. unit is only a short walk to the slopes! Comfort and affordability. From \$56,900

**Bethel Inn:** Visit Bethel Village & Sunday River nearby while staying in this 2 bdrm./2 bath townhome overlooking golf course. \$115,000

**Greenwood:** Exceptional 6 bdrm., 2 1/2 bath home with 2-car garage on 3+/- acre lot. Amenities include hot tub, jacuzzi, rec. room. Ideal ski house/rental potential. \$142,500

**West Bethel:** 4 bdrm. home on large corner lot, 2 car garage, open breezeway, shed. Only minutes to Bethel/skiway. \$79,900

**Lake Christopher:** 3500 +/- sq. ft. home boasts 3 bdrm. plus bunkroom, 2 1/2 baths, fireplace, garage, boat house and 142' +/- waterfrontage. Beautiful lake & mtn. views. Great rental history. \$245,000 \$199,000

**Woodstock:** Spacious 5 bdrm. home offers detailed character, fireplace, views, add'l. 2 bdrm. apt. shed and barn on 7+/- acres. Great condition throughout. \$120,000

**West Bethel:** 4-unit apartment building in convenient Rt. 2, W. Bethel location. Well maintained, a good investment. \$84,900

**February Only Special \***

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Owner says "Sell!" these beautiful lots at **unbelievable savings!**

Lot # - size	2/14/94	12/1/94	1/30/95 Now (WOW!)	25% OFF!
#6 (1.42 ac)	\$55,000	\$49,000	\$44,000	<b>Under Contract!</b>
#79 (1.51 ac)	\$60,000	\$49,000	\$44,000	<b>\$33,000!</b>
#88 (1.23 ac)	\$60,000	\$44,900	\$39,900	<b>Under Contract!</b>
#89 (1.25 ac)	\$55,000	\$44,900	\$39,900	<b>\$29,925!</b>
#90 (1.15 ac)	\$55,000	\$44,900	\$39,900	<b>\$29,925!</b>
#91 (1.01 ac)	\$55,000	\$49,000	\$44,000	<b>\$33,000!</b>
#92 (1.13 ac)	\$65,000	\$49,000	\$44,000	<b>\$33,000!</b>

**Powder Ridge** is a spectacular mountain community with luxury townhomes and "upscale" homes. Whether you buy one or more for investment, for a vacation home or for a primary residence, **do not miss** this rare opportunity to purchase a premium lot at bargain prices! Road will be opened for inspection!

**Call for an appointment today!**

\*Limited time offer for the month of February only! Subject to increase on March 1, 1995. Owner financing may be available to qualified buyers.

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WANTED TO BUY: Scrap metal. Home evenings and weekends. Raymond Chapman, 824-2444.

PROFESSIONAL SEEKING HOME: 2 bedroom house or large apartment - 2 adults, child. (long-term a must) 824-3908. 7-8p

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**WANTED**  
Wanted to purchase  
**WOODLOT**  
A few acres to 400 acres.  
Also would like to  
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Stumpage paid weekly.  
20 years experience.  
**Joy Hollow Logging**  
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For day advertising in classified columns, \$1.00 per line. Advertisers utilizing space in classified display regularly (minimum of 10 weeks) in classified columns are entitled to a 50% discount on the regular rate.  
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**PHOTOGRAPHY**, natural portraits of your family, children, home, farm. Black & white, sepia and hand oil coloring. Call for price list. Gail Giamusso 824-4929. 38lf

## Business/Commercial Opportunities

FOR MORE INFORMATION AND ASSISTANCE regarding the rules of financing, business opportunities and work at home opportunities, The Bethel Citizen urges its readers to contact the Better Business Bureau, Inc., Maine Division, 812 Stevens Avenue, Portland, ME 04103-2648. 6lf

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**RINSENVAC** carpet cleaner, rug shampooers, sewer snakes, sump pumps, space heaters, chipper-shredder at Brooks Bros., Inc. Main St., Bethel. 824-2158. 16lf

## Porch Sales

**PORCH SALE:** Books, dolls, things. 24 Railroad Street, across from Bethel Station, 10:00 - 3:00 PM from Feb. 17 - Feb. 24. 824-3798. 7-8p

## Lost

**LARGE LONG HAIRIED BLACK & WHITE MALE CAT** (neutered) answers to "Porky" Lost 2-6-95. Sadly missed, please call Linda 824-6274. Lost West Bethel Road, REWARD. 7-8lf

**REWARD OFFERED** for female beagle. 6 months old, black-tan, white on chest. Last seen on East Bethel Road February 17th. Reward for her return or information on her whereabouts. 665-2360. 8-9lf

## Personals

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## Miscellaneous

**GED (High School Equivalency) TESTING AND PREPARATION.** Day and evening times. No charge. Call SADD #44 Adult Ed. 824-2780 for an appointment. 34lf

**SUPPORT GROUP** for families and friends of the mentally ill. Meets first and third Tuesdays of the month, 6:30 pm at St. Athanasius/St. John Parish Center, Rumford. For further information call 1-800-464-5767. 23lf

**OVEREATERS ANONYMOUS**, Bethel Area Health Center, Saturday 9:30 - 10:30 a.m. For information call 824-6683 or 824-2945. 37lf

**TOPS (Take Off Pounds Sensibly)**, Wednesdays, 7 pm, Bethel Fire Station. 11lf

**S.H.A.R.E.**, a support group for parents who have suffered an infant loss, stillborn birth or miscarriage. Stephens Memorial Hospital, first Thursday of each month, 7 pm. For information, call 824-2913. 24lf

**Bethel Freedom Group AA**, which meets at Bethel Fire Station Sunday 6-7:30, CBH; Tuesday 7:30-9:00 CWI, O Literature; Friday 7:30-9:00 12x12. 23lf

**AA-MEETS**, Wednesday, 8 pm Telstar Regional High School. 28lf

**AA MEETS** Wednesday, 8 pm, at Telstar Regional High School. 28lf

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**MYRTLE BEACH OCEAN FRONT CONDO** Rental, Spring: \$54 daily, \$264 weekly. Summer: \$84 daily, \$437 weekly. Condo sales: 2 bedroom - \$55,000. Warm and sunny. Many amenities. 800-238-1181. 8ne

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## Maine Street REALTY

### GREAT ESCAPES

**#352 - 4 Bedrms New England Colonial** Home is located on quiet residential street in Bethel. Fully renovated in 1988. Extensive gardens. \$149,000.

**#366 - 3 1/2 - 1200 Overlook North** Road. This peaceful parcel sits on a 1/2 acre pond with a fine view of the lake. Fully renovated in 1988. Extensive gardens. \$170,000.

**#375 - Great Pond, actually sitting on** water. This is a great place to live. Fully renovated in 1988. Extensive gardens. \$149,000.

**#380 - 3 1/2 - 1200 Overlook North** Road. This peaceful parcel sits on a 1/2 acre pond with a fine view of the lake. Fully renovated in 1988. Extensive gardens. \$170,000.

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**ISLAND REALTY ASSOC**  
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**Peru** Warm & comfortable describes this 4 bdrm English Tudor home, sweeping views of the mountains & river. Double garage. Beautiful mountain view from the enclosed back porch. Call today on listing. \$199,500. 567,500

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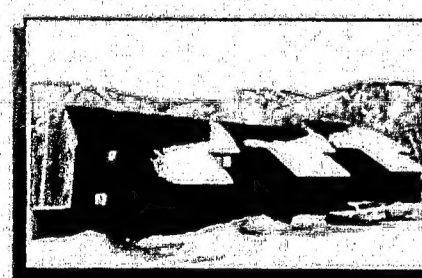
**Rentals Unlimited - Now an employee owned company**

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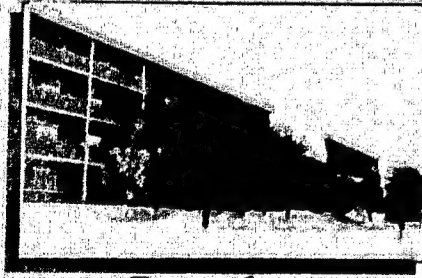
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"The Mountain Specialists"

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South Ridge



Cascades



Merrill Brook



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Discover the real meaning of slopeside convenience from "The Mountain Specialists",

### SUNDAY RIVER REALTY

Sunday River Realty specializes in on-mountain condominium property only. By limiting our market to these properties, we have become the leader for trailside living. Given the opportunity, Sunday River Realty can find the home perfect for your needs.

From studios to large townhouses, resales and new construction - with prices starting in the mid 40's, we are sure to have something of interest to everyone. All Sunday River condominiums are trailside with easy access to the enjoyment of seven interconnected mountain peaks. After a day on the slopes, enjoy a dip in the pool, sauna or apres ski with entertainment. Several fine restaurants are within walking distance of your condominium.

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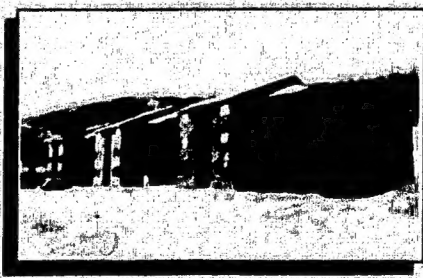
Sunday River Realty is open seven days a week for your convenience from 8:00 a.m. to 5:00 p.m. or by appointment.

**Trust Experience to make The Difference**

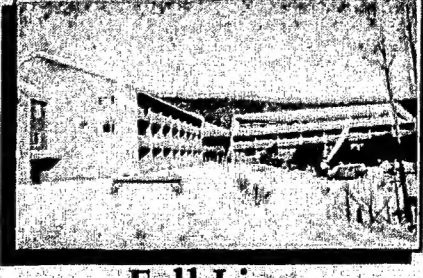
**Sunday River Realty - Box 450 - Bethel, Maine 04217**  
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White Cap



North Peak



Fall Line



Sunrise

**Featured listings this week!**

**Powder Ridge Condos from \$148,000-\$175,000!**

**Eden Ridge Townhomes from \$94,500-\$129,900!**

**Chamberlain Condos from \$64,500-\$149,900!**  
(beat the rush with pre-construction prices!)

**Powder Ridge lots from \$29,900-\$33,000!**

**Rumford Point lots from \$19,900-\$49,900!**

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102 Congress St. Rumford, ME 04276 • 207-369-9574

Louise M. Horne, Broker  
Doris L. Swett, Broker  
Carol Johnson, Associate Broker

**#501 - East Andover Road, Rumford Center,** 15 minutes from Sunday River. 2 Bedrooms, kitchen/dining combo, living room with fireplace, hardwood floors, built in garage, private well and septic, 4 acres. Broker Owned. \$59,000.

**#589 - Country Estate with 4 horse stall barn,** 14 miles from Sunday River. 1047 acres w/mostly fields, paddocks, dressage ring, hay storage, tack room. Home has wonderful layout, excellent for entertaining. 3 bdrms, large master bedroom with 3 double closets, living room with fireplace, den kitchen with fireplace, 2 full baths, dining room w/hardwood floor, 2 car attached garage, inground pool with house & large deck. Broker Owned. \$185,000.

**#657, 5 acres +/-** house/lot in Andover. Mostly flat terrain. Power at roadside 800' +/- road frontage, private setting... \$14,900

**#654, A,B,C,D, 4 building lots 1 1/2 acre** each on Martin Road, Rumford... \$12,500

**#688, 48 Acres, East Andover, Road, Very** private, excellent views, driveway in place, year round brook and pond, broker owned... \$39,000

**#675 - Contemporary with 12 acres, private** pond, 3 bedrooms, kitchen, living room, dining room, 2 1/2 baths, gorgeous views, very private, 2 car garage with three room apartment... \$235,000







## Jackson-Silver Auxiliary

Members found the annual Oyster Stew supper delicious as usual on Feb. 16. This is a long-standing tradition for the Post to host this event. It gets members out who do not come often and is a time for good fellowship with comrades.

In the meeting which followed, the Auxiliary continued planning for the supper and dance scheduled for Feb. 28. The entertainers and band will be served at 5 p.m. and the general public at 5:30. Again, the cost is \$5 for adults and \$2.50 for children under age 12. Music for dancing will be furnished by the Richard Felt band.

It was decided to have a tea at 2 p.m. on April 30. This will be in honor of the 75th year of the American Legion Auxiliary. Member Fanny Cummings was a charter member of this Unit 75 years ago and will be honored. Other Auxiliary Units in Oxford County will be invited and asked to bring any of their 75-year members who are able to come. Several Department officers will also be present and hope to video tape these ladies as they discuss the beginnings of the organization. The resulting tapes would be added to the national organization's Cavalcade of Memories as well as to that of the Department of Maine. In this way the history would be preserved.

Jackson-Silver Unit will enter the Woodstock High School Alumni Banquet on June 3. This is a change

from the past when for many years the banquet has been held at Telstar.

Members were asked to sign a petition calling for an amendment to the U.S. Constitution allowing Congress and the states to enact legislation prohibiting the physical desecration of the U.S. flag. They were urged to join the letter-writing campaign asking our congressional delegation to co-sponsor this bill. Rep. Baldacci is already a sponsor. This drive for an amendment came about because the Supreme Court declared the laws, which many states already had, unconstitutional, saying that they prohibited free speech as guaranteed under the First Amendment. Many people do not feel that those who wrote the Constitution and the First Amendment would ever have meant free speech to include such acts as burning the flag, dragging it through mud puddles, etc., but if the only way to prevent such acts is by amending the constitution again, then that is what should be done. The goal is to have so many signed petitions by Flag Day, June 14, that Congress will understand the urgency of passing such a bill and give the American people a chance to vote on the proposed amendment.

Next regular meeting is March 2, with the annual Birthday Supper of The American Legion scheduled for March 16.

## Card of Thanks

We wish to thank our children and their families who honored us by having an open house to celebrate our 50th Wedding Anniversary. We appreciate relatives, friends, and neighbors who came to share in this happy occasion and for the love and joy they gave.

Elaine & Vaghe Kell

## Card of Thanks

Recently our E. Harriet Stowell would like to thank all the family and friends who helped us through our recent loss. The flowers, food, and words of encouragement were greatly appreciated.

We take great comfort in knowing that she is with the Lord and is at peace.

May God Bless You All

The Family of Harriet Stowell

## Tips offered for preventing poisonings

March 19-25 is National Poison Prevention week. This year over 1,000,000 children under the age of five will be exposed to poisonous substances found in and around their homes. Most poisonings are preventable and every effort should be made to poison-proof your home. Following are some tips to make your home safe:

--All medicines should be kept up high and out of reach -- children are known to pull up chairs and climb up on counters.

--All household cleaners should be kept in locked cabinets or on a high shelf.

--Install safety latches on accessible cupboard doors and drawers.

--Regularly clean out your medicine cabinet and discard outdated medicines in a safe manner such as flushing them down the toilet.

--Always read labels before administering medicines or using cleaners.

--Turn on the lights, never take or administer medications in the dark.

--Keep perfumes and cosmetics out of reach -- children like to imitate parents and older siblings.

--Buy medicines and products with child-proof caps when possible, but never assume that children can't get into them.

--Keep the product in its original labeled container -- never use unmarked or food containers.

--Keep smoking materials and ashtrays out of reach -- nicotine can be dangerous in small amounts.

--Keep house plants up high and make a list of plants in your home.

--When visiting other homes, make sure poisons, medicines, and cleaners are out of reach.

--Never eat medicine candy.

--Keep symptomatic on hand.

--Remain calm -- if you are calm, the patient will be more likely to stay calm.

--Remove any material that is left in the mouth with your finger or a damp cloth.

--Call Maine Poison Center at 1-800-442-6305.

--Have the container or the name of the product with you when you call.

--Give the patient's age, sex, weight, and time of exposure.

--Explain the type of exposure and any symptoms that are present.

--If the Maine Poison Center advises inducing vomiting, follow directions carefully.

Syrup of ipecac is a plant extract that will induce vomiting. It can be found in pharmacies everywhere for minimal cost. Having ipecac in your home can sometimes mean the difference in being able to handle the ingestion at home or going to the emergency department. Never administer ipecac without the advice of a doctor or the poison center. With various ingested products such as petroleum products and some household cleaners, inducing vomiting can be extremely hazardous.

Some older products may still have outdated antidote information on their label. These antidotes, such as salt water, mustard, vinegar, egg mixtures and sticking fingers down the throat can also be extremely hazardous and are no longer recommended.

For an inhalation exposure, immediately move the patient to fresh air. Ventilate the area well and call the poison center. Remember to minimize your exposure to the fumes when helping the victim.

For eye exposure, immediately flush the eye by flooding the affected eye with large amounts of warm, comfortable temperature

water for at least 10 to 15 minutes. Children will often resist this treatment, but it is necessary. If this proves difficult, try putting them in the shower. Do not put anything in the eye unless instructed to do so by your doctor or the poison center.

For any skin exposures, brush off any remaining substance and remove the overlying clothing. Flush the affected area well with large amounts of water. Wash well with plain soap and water. Do not apply any ointments or other substances unless instructed to do so by your doctor or the poison center.

Many homes have house plants and plants, trees and bushes in the yard. Children are attracted by the colorful berries, leaves and flowers of plants. The Maine Poison Center encourages all parents to familiarize themselves with their house plants and the surrounding plants in the yard. Take specimens of the plants to a local nursery to get them identified and keep a list. If there is an ingestion, remove any plant material left in the mouth, make sure the victim is breathing without difficulty, and call the Maine Poison Center. It is extremely difficult to identify plants and berries over the phone, so a positive identification made before any exposure occurs can help determine the appropriate treatment. If the poison center instructs you to take the patient to the emergency department, try to take a piece of the plant with you.

The Maine Poison Center is staffed 24 hours a day with a toll free number 1-800-442-6305. A packet of preventative information which includes phone stickers is available upon request. Please call with any questions about drugs or medicines. Children act quickly, but with the proper prevention, many accidental poisonings can be avoided.

## Births

Ronald and Michelle Cary of Bryant Pond are pleased to announce the arrival of a baby girl, Althea-Jean Cary, born on Feb. 15 at 3:28 p.m. at Stephens Memorial Hospital, weighing 7 lbs, 1 oz.

Paternal grandparents are Helvi Cary of Bryant Pond and the late Robert Cary.

Maternal grandparents are Lillian Brooks of Bethel and Howard Crockett of Bethel.

## THOUGHTS FROM THE

## Pastor's Study

The Bethel Area Clergy Association, with the help of pastors of surrounding churches, brings you these meditations. Not based on any set theme, they will be individual for each pastor. It is hoped you will find in these words comfort and hope for your daily life.

"Rest in the Lord, and wait patiently..." ps. 37:7.

"Come unto me, all ye who are weary and heavy laden and I will give you rest." Matthew 11:28.

Winter is a good time to think about rest and it is always a good time to think of resting in the Lord. Whether retired or working at home or outside, there is always much to do. It is easy to feel scattered or overburdened.

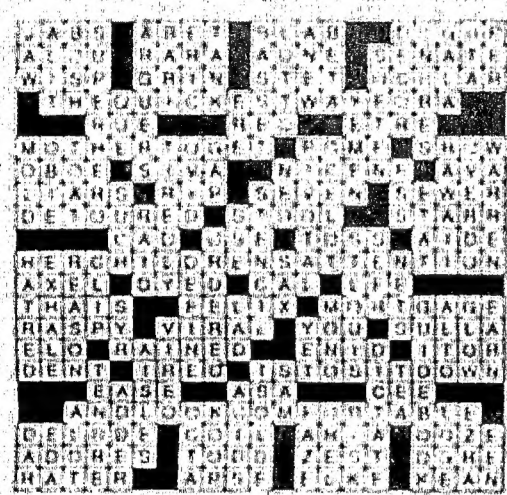
To rest in the Lord is to become centered, to move from that spacious part of yourself instead of being pulled hither or yon. You may find yourself more aware; attending to the meaning of the words you hear or read, noticing the beauty that surrounds us here in the Bethel area, appreciating the people in this community.

The Rev. Gwyneth Bohr  
Monthly Episcopal House Church

## Happy 40th Kevin



## Answers to Super Crossword



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How time flies!  
Look who's 21!Happy 60th Birthday  
Phyllis!

'With much  
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for all you do  
for us!

Norton, Lalney, Steve,  
Rosie, Michael, Jennifer  
& Sidney

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All information herein contained was accurate at the time of publication. However, the Developer reserves the right to make changes and/or improvements without notice or obligation - in price, specifications, materials, and to change or discontinue models.



## ENJOY WINTER! X-C SKI WITH US!

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